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*(First Church of Mystic Christianity)*

# **The Science of Mentalphysics**



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# GENERAL INSTRUCTIONS

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The Course of Instruction that will come to you has TWO PARTS—namely:

- (a) SCIENTIFIC SPIRITUAL BREATHINGS (in printed and illustrated form):
- (b) WEEKLY MANUSCRIPT LESSONS.

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PROCEDURE—follow instructions:

1. Read and reverently study "Confidential from Teacher to Student" (pp. 5-7).
2. Read and reverently study "Introductory" (p. 7.)
3. Turn to p. 12 and familiarize yourself with the names of the whole of the Spiritual Breathings; the First Two Breathings come to you with your First Lesson, and other Lessons will come to you regularly.
4. Turn to p. 13—THE HARMONIC BREATH. Breathe this as instructed.
5. Turn to and most carefully study the VIBRATORY (MEMORY-DEVELOPING) BREATH. Be careful that you do not miss anything. Following your morning routine, as outlined in the printed chapter, "MENTAL-PHYSICS TEN-DAY DIETARY REGIME," breathe this Breath as instructed. If you care to breathe it during the afternoon, do so, but follow your instructions closely.  
The Breathings should be done in the morning, being careful to give due attention to the Spiritual Affirmations. Manuscript Lessons (see pp. 18) must be carried out at night, before going to bed, giving yourself time, and following instructions.
6. Take the Manuscript, "YOUR FIRST LESSON—GUIDANCE FOR THE INITIATE." This must be studied and *practised*. Let me advise you that unless you are prepared to *discipline yourself* and follow instructions minutely, your progress will be impeded. If you will do as you are taught, your life will be entirely changed.

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*And now, as you embark upon this great romance of Self-discovery and Self-unfoldment, let me say to you that the Universal Principle, the Creative Spirit, God—whatever name you care to use for the final Law of Life—will reward you openly in exact relation to your desire to manifest power, granted that the desire is sincerely and cheerfully backed up with honest endeavor.*

*My earnest hope and belief is that you start with ZEAL, and that you may have the force of character to maintain your zeal throughout your study and practice.*

*Peace Be Unto You.*

*Sincerely your Teacher—and Friend,*

**EDWIN J. DINGLE,**

*(Ding Le Mei)*

*Preceptor Emeritus.*

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# MENTALPHYSICS—The Key to Your Bible

Many people forget that our Christian Bible comes from the Orient, that it was written entirely by Oriental mystics. Jesus, Himself, was the foremost of all mystics. The Apostles, the early Christian saints, most of the Christian writers of the Middle Ages, the hermits of ancient Christianity, St. Bernard, Thomas á Kempis, Bonaventura, and numerous others all were mystics and practiced mysticism.

A mystic may be described as someone who has had a great religious experience which cannot be put into words, someone who knows a great truth he finds himself unable to tell. The great truths of life are so transcendental, so far beyond the ability of mere words to depict, that Orientals seldom make the effort to explain them in words. Hence Western minds have great difficulty in getting the real meaning of the Bible and all other Oriental works.

In Mentalphysics you will learn the methods of the modern mystics who are still practicing mysticism in the Far East, the greatest masters of these methods in the world today. In the rest of the world this art seems to have been forgotten. These modern mystics, however, still practice the methods of ancient days, similar to those used by the early Christian saints and the writers of the Bible, methods which Jesus the Christ and His Apostles used. As a result, the mystic learns through *feeling* and *inspiration* what the words in his Bible cannot tell. Many students have told us that they never knew what their religion was, could never understand it, until they had practiced Mentalphysics. Then they learned through feeling and through experience what the Bible is talking about.

Do not expect to understand the Bible all at once from your very first lesson. Later on we shall go into the interpretation of the Bible more in detail. But as we go along, we shall point out to you interesting passages in the Bible which throw light on Mentalphysics, and passages in Mentalphysics which throw light upon your Bible. As a result, we believe you will find yourself gradually becoming more devoted to your religion than ever; and if you have no religion, you will soon find it necessary to adopt or formulate one.

However, Mentalphysics teaches a method and not a creed. Primarily our purpose is not to inculcate certain religious beliefs, but to teach you the methods of mysticism, the way to learn that which cannot be explained in words—HOW to seek, HOW to find.

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## — SECRECY —

*“Confidential from Teacher to Student,” Pages 5 and 6*

### BIBLE REFERENCES:

In the West the importance of secrecy is not realized so clearly as it is in the Orient. Secrecy is an important part of all occult teaching. It was part of the teaching of Jesus, as you will observe in the following verses from the New Testament:

*“And immediately his leprosy was cleansed. And Jesus said unto him, See thou tell no man; but go thy way . . .”*

*Matt. 8:3, 4*

*“And their eyes were opened; and Jesus*



*straitly charged them, saying, See that no man know it."* Matt. 9:30

*"And straightway the damsel arose, and walked; for she was of the age of twelve years . . . And He charged them straitly that no man should know it . . ."* Mark 5:42, 43

*"And straightway his ears were opened, and the string of his tongue was loosed, and he spake plain. And He charged them that they should tell no man . . ."* Mark 7:35, 36

*"And Peter answereth and sayeth unto Him, Thou art the Christ. And He charged them that they should tell no man of Him."* Mark 8:29, 30

In the New Testament you can find many other places where Jesus recommended secrecy. What occult law was behind this advice? Why was secrecy so essential?

For answer, just picture to yourself what would happen if you were healed as these people were and told your friends of it. One would tell you, "It just can't be!" Another would say you "merely imagine it." Still others would say that "it is just a temporary matter," or that "you don't look much better," or that they know of similar cases where the supposedly-cured persons soon became worse than ever. All your friends would be looking for indications of the return of your ailment, pointing them out to you, awaiting a chance to say "I told you so." Hypnotized by their suggestions, you would soon be expecting the worst, your faith lost, and what you expected to happen would happen.

On the other hand, if you kept your healing a secret, your friends would soon notice the improvement in your appearance, wonder what you had done to bring it about, tell you that you had changed for the better, and so on. Every word they said to you would be building up your faith instead of destroying it. In short, you would be exposed to positive influences instead of negative influences.

*The all-wise Carpenter of Galilee knew that if secrecy were not maintained, the cure could not be permanent, the faith would soon give way to doubt and discouragement, the patient would soon be worse off than ever, his disease returning because of his very expectation of its return.*

But in other fields as well secrecy is all important. If you have any ambition, if you have plans, and tell people of them, what happens? They tell you it can't be done, or something else is better, or that your talents lie in other fields, or that it is too late, or it takes too long, or now is not the time. *The minute you tell your plans you expose yourself to all the negative influences possible.* Everyone tries to influence you to do something else, or to do things in a different way. And those who are envious or antagonistic even try to put physical obstacles in your way. How much easier it is to carry out your plans when you are not thus discouraged! This applies, also, to your study of Mentalphysics. Tell people what you are doing and what you expect of Mentalphysics, and they will immediately discourage you. Be secretive about it, and people may soon wonder at the change that has come over you, wonder what you are doing to improve yourself. And every comment they make will add to your faith in yourself and what you are doing. There will come a time when you should proclaim Mentalphysics from the housetops, but that time is not in the beginning.

Remember what the Bible says:

*"And when the voice was past, Jesus was found alone. And they kept it close, and told no man in those days any of those things which they had seen."* Luke 9:36

Throughout the teachings of the ancient mystics, in all lands, the importance of secrecy is emphasized. If you are to make the utmost progress, you too must maintain secrecy. Otherwise you will lose the inspiration which comes to you; otherwise, just at the time when you are guided toward the heights, others will rob you of your faith in that guidance. The following quotation from the Song Celestial, The Bhagavad-Gita, will show how the inspired prophets of ancient India revered this principle:

*"Hide, the holy Krishna saith,  
This from him that hath no faith,  
Him that worships not, nor seeks  
Wisdom's teachings when she speaks:  
Hide it from all men who mock . . ."*

The same idea is expressed more vigorously by Jesus when he says, in Matthew 7:6, "Give not that which is holy unto the dogs, neither cast ye your pearls before swine . . ."



# Confidential From Teacher to Student

**T**HE principles and laws which will be disclosed to you in the Science of Mentalphysics will be worth nothing to you IF YOU DO NOT USE THEM. IF YOU DO USE THEM they will be worth ninety-nine per cent. of what you yourself become and what you attain—if you use these principles and laws as I disclose them. Not by reading about them, not by dreaming about them will you benefit. You must USE them. That is the only way.

These principles and laws are embodied in

- (a) SECRECY: (b) INTENSITY: (c) PERSONAL CONSPIRACY:  
(d) TRUE DESIRE: (e) EVOLUTIONARY ACTION.

If you combine these principles as you are taught with intense Creative Energy (the highest tension of Conscious Energy) you will advance evolutionarily in Mind, Body and Spirit. You will inevitably gain dynamic conquering power, and your rise to the high point of your own visualization will follow naturally.

**BE SECRETIVE**—"Go, and tell no man." If you observe secrecy, you lock the secret within your own personality, and you will naturally use it as an activator of your personality. Thus will you combine this secrecy and personal conspiracy with Evolutionary Energy. Evolutionary energy transformed will create Evolutionary *Action*, and your secrecy and personal conspiracy will drive your evolutionary energy into reactions and adaptations in those departments of your personality, and those characteristics of your mind and body, through which you will be able easily to meet all conditions of life that confront you. Do not be disturbed as to HOW it will be done. That is not for you to question. *If you USE what you are being taught, the result is certain.*

For you will, without any definitely conscious strain, evolutionize your mind and body as you really need and truly desire and crave. Nothing is impossible to you if you will live your desires, combining them with evolutionary use of your energies, for when these are combined the result is increasing evolutionary action and reaction in the direction of your desires. But remember that *conscious evolution* is not a longing or wishing or idle dreaming or yearning system of Science. It is a science in which the highest evolutionary transformation of energy is linked with the highest personal direction of your evolutionary energy.

Do not seek to understand exactly HOW it is done, but do as I direct you to do, and you will find that everything which you contact will arouse creative forces, energy and power, which will open up to you new means, new avenues, new opportunities, and new implements for fighting the battles of Life. You will conquer, because you will have the power of conquest through conscious evolution.

Again, *be secretive*. Know that every personal attitude, thought and expression is an action change, or conversion of your Conscious Energy. Express yourself in spoken or written words about your attitudes and desires, and you relieve your Conscious Energy of your desires. *The force of your ideas is thus dissipated.* Tell no other living soul about YOUR

desires, hopes, longings and purposes, for the more you tell others what you intend to accomplish, the **LESS YOU WILL ACCOMPLISH**. Do not talk about what you intend to do, for you defy your purposes in the spoken word—you disperse your power of personality and of mind, and thus you **LOSE** the power to create the very impulses and ideas through which you can attain that which you desire. (Read over Lesson Two.)

No matter what you may at present think, this is Evolutionary **LAW**, which neither you nor any other living being can change. Make up your mind, therefore—right **NOW**—to harness this Law, to use it, capitalize it by becoming most intense in the evolutionary use of your energies.

See the wisdom of doing what Evolutionary **LAW** demands. When you scatter the powers of your evolutionary energy—your conscious energy—by telling others about your aims, you create a condition in your Conscious Energy which is tantamount to telling it that it may rely on **OTHERS** to assist you; and, therefore, that it need not rely on itself in its evolution through your body and your personality. Talk about what you intend to do, and in a little time you will create *evolutionary stagnation*, or even revolutionary recession. Therefore, I charge you to combine your desires with utmost secrecy, automatically thus converting your desires into evolutionary characteristics and **POWER OF MIND AND BODY** instead of merely into **WORDS**. Keep your evolutionary powers for yourself. Enslave them! Be their Master!

Because I would have you know that **WITHIN YOU** there is resident the Power of Supremacy, for “Whatever the Creator is, I AM.”

You do not, I am sure, need to be told that success begets success. **SO DOES FAILURE**. As you enter to success, you gain momentum in the direction of success. Remember the **FOURFOLD LAW** when you have learned what it is. Whenever you **ADMIT** failure, you make failure to your next action four times as easy and as likely, and you make success four times as difficult and four times as impossible. **BUT AS YOU GAIN SUCCESS YOU MATHEMATICALLY GAIN FOUR TIMES THE POWER TO GAIN YOUR NEXT SUCCESS**.

Therefore, to you directly, as my student, I say:

First—Visualize your objective.

Second—Develop intense desire to reach it.

Third—Be secretive. Do not talk about it. Then conspire with yourself to succeed, using the evolutionary force within you, directing it towards what you wish to attain. **YOU CANNOT THEN AVOID SUCCESS**.

In other words—First, the **THOUGHT** . . . then the **FEELING** . . . then the **ACTION**. And you, my beloved student, have within your hands, in the Science of Mentalphysics, the elements of success in a **SPIRITUAL, MENTAL** and material way, and as you **USE** these elements you will make your own success. I do not control your fate—**YOU CONTROL IT**. What you will learn will be based on **LAW**, and it is given to few to reveal it. What I have written thus far may be expressed, as it is expressed in an advanced work, in another way:

1. Stand aside in the coming battle; and though thou fighest, be not thou the warrior.
2. Look for the warrior and let him fight in thee.
3. Take his orders for battle and obey them.
4. Obey him, not as though he were a general, but as though he were thyself, and his spoken words were the utterances of thy secret desires. For He is Thyself, yet infinitely wiser and stronger than thyself. . . .

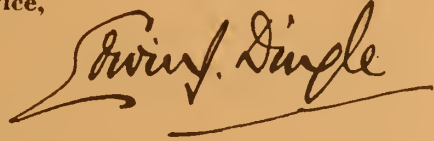
He is thyself, yet thou art finite, and liable to error. . . . He is eternal and is sure. He is Eternal Truth. When once He has entered thee and become thy Warrior, he will never utterly desert thee; and at the day of the Great Peace He will become one with thee.

“Look for the Warrior and let him fight in thee.” Let us give thanks that in the Science of Mentalphysics we will seek the way to the discovery of the Warrior. (Lesson Seven.)

Student, I wish you success in that which you are undertaking. I wish for you Light on the Path—with joy as your pilot, on to the great Peace.

Joyously in your service,

The Institute of Mentalphysics,  
Los Angeles 4, California, U. S. A.



## INTRODUCTORY

### Please Read Carefully

**I**T IS NOT NECESSARY to spend much time explaining WHY we must breathe to live. It is perfectly self-evident that the best breathers live the longest and get the most out of life. It is equally self-evident that BREATH IS LIFE. From the first faint breath of the new-born infant to the last gasp of the dying man life is a series of breaths.

Breathing is man's most important function, and, when we stop to think of it—few of us give any thought to the breath, however—we find that *all* our functions and all other component parts and functions are dependent upon our breath. We can, therefore, say that our *Breath Is the Flywheel of Our Physical and Mental Machinery*. Every form of life within the Universe could not exist without breath—everything, from the amoeba to Man. The ancients declared that the ebb and flow of the tides were the Breathing of the Earth—the Great-Breath of the Universe, which is called the *Tattvic Law* (of which we shall learn later on).

### (1) THE IMPORTANCE OF BREATH

Breath is the fount of all human power. Radio to-day can project sound seven and one half times around the earth in a second, carrying sound at the inconceivable speed of light. And what is this transporting force? It is called ether, and is everywhere in the atmospheric air. This same powerful ether is in the air we



breathe. The power is in us while we live and breathe—we could not live without it.

What should concern you as a student in the early stages of the Science of Mentalphysics is how you may become conscious of it and utilize its vast resources for your benefit. How, then, can you benefit for your daily life from this ether in the air which you breathe for 24 hours every day?

In Mentalphysics, the Faultless Philosophy of Life, this important subject is presented so simply that even a child can learn and understand. We could go into history and show that, with the advance of civilization, men and women have lost their original power to breathe properly. We could show how diseases are the results of persistently breathing incorrectly. Let us here be content by asserting the self-evident truth that

- (a) Your physical health depends materially upon correct breathing:
- (b) Your mental health, happiness, self-control, clear-sightedness and morale depend very largely upon how you breathe.

**WHY AND WHAT DO YOU BREATHE?**—Now, let us pass on to (a) what and why do you breathe, (b) the influence of correct breathing on the health of your body and mind.

We all know that the organs of respiration comprise the lungs and air passages leading to them. Any doctor will tell you that unless fresh air in sufficient quantities reaches the lungs the foul stream of venous blood cannot be purified, and, not only is your body robbed by the waste that should have been eliminated and which is returned to the circulation, poisoning the whole system, but death appears on the horizon. This can be remedied, and, as you start this introductory Course to the wider knowledge that your Teacher hopes you will be led into, let me say that if there is any disbalance of whatsoever nature in your physical body, or in your mind, any unhappiness or failure in any channel of life's activities, you may now commence the potent means by which you may be relieved of your burdens.

Proper breathing gives you circulation; good circulation gives you a mental concept of abounding health and vigor, a clear complexion, and a manly and womanly attitude towards all demands of everyday life.

With proper breathing your physical appearance changes. Lines leave the face. The body takes on a new buoyancy. Men

and women who are good breathers give off the dominating notes of health. Rejuvenation takes place. Beauty shines through.

The result is a serene happiness, a consciousness of physical and mental well-being.

## (2) EXERCISING THE INTERNAL ORGANS

Good breathers are always strong. Correct breathing, which is given such importance in physical culture in the Western world, is the channel through which physical perfection comes to us. Occultists, moreover, have always regarded correct breathing as vitally important, as it is the only method by which certain internal organs can be exercised.

As a student, you will rapidly find this out as soon as you begin the method taught herein for correct breathing.

Occultists in all ages and in all lands have always taught their disciples (usually in secret and by word of mouth) that there was to be found in the air a substance from which all life is derived. We find in Christian philosophy, also, and in the teachings of the scriptures, that "God made man and breathed into him an immortal soul" . . . "breathed into his nostrils the Breath of Life." No matter what the occult teaching or philosophy, irrespective of the school and the period, we find the theory regarding this force to be identical, although the names employed may vary greatly. In the Sanskrit, this force is called "PRANA," which we will amplify to mean Absolute Energy, the Vital Force, the Essence of Life, and so on.

Now, you as a student must try to visualize that this Prana, this principle of all energy in the Universe, is everywhere present. There is no place where it is not. It is all-pervading. In its operations it eliminates time, distance and substance. Wherever there is life, there is Prana, or electricity or ether (if these words will allow you to gain a better intellectual idea of this force).

Modern science proves that in every atom, every electron, every ion, there is life; then it must be evident that Prana is everywhere and in everything that lives.

**PRANA—THE ENERGY THAT THE SOUL USES.**—While Prana is the energy that the Soul uses, it is *not* the Soul or the Ego, that spark around which cluster all matter and energy. No, *Prana is the energy* that the Soul uses. Prana may be regarded as the soul of force and energy in ALL FORMS. It is the Principle that

causes activity and accompanies life. Of course, Prana is in the air, but it is not the air, or even one of its chemical constituents. All animals—all plants—you and I—breathe it in with the air; yet, if you can imagine such a state as yourself being filled with air and the air containing no Prana, you would die.

Prana is taken up by our physical system along with the oxygen; yet it is not the oxygen. All one can say is that Prana is the *One Force*, penetrating where the air cannot reach, all-pervading, the Spirit of the Breath of Life.

Stop and think awhile. Think about Prana and its powers.

**VITAL IMPORTANCE OF REAL BREATHING.**—You are constantly inhaling the air charged with Prana, constantly extracting the latter from it. It is for thinking men and women, people who want to be and do something in life, to learn how they may, through their breathing, *consciously store it up and control it*. (See Breath No. 1 in Illustrated Section.)

Prana is found in its freest state in the atmospheric air. In ordinary breathing, the human being absorbs a normal supply, and this Prana is stored away in the brain and nerve centers to be used when necessary. But *when we know the way*—in the Science of Mentalphysics we are gradually taught the basic principles—we can and do store up much greater quantities of Prana, just as a storage battery stores up its power. The many and strange powers accredited to Tibetans and Hindu Yogis and to those in other countries advanced in occult philosophy are largely due to this knowledge and the intelligent use of this stored-up Prana. You, too, may confidently look forward to the time when you may be able to do the same thing, if you will learn the way, making of your life whatsoever you will.

When we remember that Prana comes to us in its freest state in the air we breathe, it is easy to see that it is a comparatively simple thing to keep ourselves charged with Prana, the basic force of all life, when we have learned to breathe correctly.

The aim of your Lessons herein contained is to teach you this art, and there is no greater service that one human being can do for another than to impart this knowledge.

As the oxygen in the air is appropriated by the blood and is made use of in the circulatory system, so Prana is appropriated by the nervous system and is used in its works; and as the oxygenated blood is carried to all parts of the circulatory system in its work of replenishment and building up, so Prana is carried to all parts of the nervous system, adding strength and vitality.



Every human being—and, remember, this means YOU—uses Prana when he thinks, when he wills to do anything whatsoever, when he acts, and so forth; indeed, every thought, every movement of a muscle, every effort of the will, uses up what is called nerve force, which is actually Prana. How glorious a thought, therefore, that you may acquire for your own use as great a supply of Prana as you may wish. You are on your way to achieve this!

### (3) THE PATH TO THE HIGHER LIFE

In these Scientific and Spiritual Breathings, you have the means of faithfully putting into practice the highest principles of health, happiness and youth, as thousands of others have done. In a word, you have at your command the “means by which.” There is no mystery about them. Your Breathings are unfailing in their results, if you do your part. The method is a faultless one, but the student must carry his Breathings out whole-heartedly, both mentally and physically, as he is taught. Any man who thinks will agree that there need be no ill-health, which, by all the different names given to disease, *is only a lack of, or disturbance of, or unbalance of Prana.*

The author of this volume, who is privileged (if you wish) to become your Teacher and disclose age-old secrets for your guidance, has himself proved these Scientific Breathings in Mental-physics to be revolutionizing in their effect. Let me say that I am not teaching you what I think—I am teaching you only that which I KNOW, what I know through experience, and, when you have progressed through practice somewhat along The Path, you will agree with me that there is nothing like personal experience to bring conviction to the mind. It is absolutely true that the man or woman who, with regularity and reverent perseverance, will follow the Breathings taught in this Course will find himself or herself being gradually and surely brought into a full and harmonious life.

There will be an added physical and mental happiness, and *The Gate to the Road of Knowledge Will Swing Open to Invite You to Enter the Holy of Holies in Your Quest for Still Greater Knowledge of The Truth.*

# Scientific and Spiritual Breathings

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**T**HERE now follow illustrations and instructions for the Complete Course in Scientific and Spiritual Breathings. The student must not be in a hurry. Always remember that you have another day to-morrow. Steady, regular and reverent practice will work wonders, but you must not expect to right wrongs overnight. These Super-Yoga Breathings have been taught by the author to a very great number of students, and the efficacy of them is attested by the hundreds of letters in the files of the Institute of Mentalphysics from men and women who have transformed their lives through their regular use.

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## FOLLOW INSTRUCTIONS

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Master one breath before going on with another. Take time to learn and practice. You will find that these Breathings are all coordinated in such a manner that one interlocks with the next, and all of them have a distinct bearing on the "whole body." While it is true they are physical breaths, in Mentalphysics, which is the highest spiritual teaching, the human body is not regarded as anything but a spiritual instrument, truly the Temple of the Living God, and the student is strongly urged to enter upon his practice in the deepest reverential attitude of mind.

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The Breaths are as follows:

At any time: (a) THE HARMONIC BREATH (Pingala and Ida).

Preliminary: No. 1—The MEMORY-DEVELOPING (Vibratory or Pranic) Breath, illustrated.

To be breathed together as one full exercise:

No. 2—THE REVITALIZING (Complete) Breath, illustrated.

No. 3—THE INSPIRATIONAL (Triangle) Breath, illustrated.

No. 4—THE PERFECTION Breath, illustrated.

No. 5—THE VIBRO-MAGNETIC Breath, illustrated.

No. 6—THE CLEANSING Breath, illustrated.

No. 7—THE GRAND REJUVENATION Breath, illustrated.

No. 8—YOUR OWN SPIRITUAL Breath, illustrated.

## THE HARMONIC BREATH

- (a) Stand or sit erect, and see that the spine is straight.
- (b) Close right nostril with the right thumb; breathe in steadily (not too slow) *through the left or negative nostril*, counting **FOUR** during the inhalation.
- (c) Hold the breath without any strain anywhere, and while doing so count **SIXTEEN**.
- (d) Close left nostril, and exhale steadily through the **RIGHT** nostril, while you count **EIGHT**.
- (e) Close left nostril with the left thumb; breathe in steadily (not too slow) *through the right or positive nostril*, with the same count as above, breathing out through left nostril.

Note.—Do not strain at all; merely snap the lips and do not allow any breath to escape. Do this exercise **FOUR** times—twice through the left nostril and twice through the right, and go into the exercise four times a day—immediately upon rising, at noon, at dusk, and when you retire at night; after several weeks practice, you may increase the counts by 50 per cent., namely, six for inhalation, 24 for holding, 12 for exhalation.

In this Breath, as in all the breaths, imagine that you are gaining Youth every time you bring in the Life Force. Try mentally to imagine the current going down the right and left sides of your spine—cleansing, revivifying, strengthening, rejuvenating. After a short time you will **FEEL** the Power, and be able to direct it to any part of the body at will. This practice purifies the body through the impetus it gives to the expulsion of all wastes. It greatly increases the flow of favorable *Tattvas*, which bring us harmony and strength and clear the nervous system of all negative vibrations.



## BREATH No. 1: THE VIBRATORY (MEMORY-DEVELOPING) BREATH

(To be practised, following the Harmonic Breath, immediately upon rising in the morning—get up half an hour earlier; before an open window.)

Sit in straight-backed chair, or stool, with the spine erect—take time to see that spine is straight.

**HANDS**—On the thighs, palms downward; **FEET**—Heels must be together, with toes slightly apart. **SHOULDERS**—Relaxed (not drawn up), with no tension in the neck. In this position, begin to get the rhythmic action by pulling the head backward, without strain, and without moving the rest of the body, then downward, so that the chin is brought as near to the chest as possible—**DO THIS SEVERAL TIMES TO GET THE SWINGING MOVEMENT**, after which actually begin the Breath thus:

- (a) As the head swings back, take a deep breath in through the nostrils.
- (b) As the head swings forward and downward exhale vigorously through the teeth—a deep forceful exhalation. (No movement of the arms; the back remains straight, nothing moving except the head.)
- (c) Repeat this seven times (Seven swings back, and seven forward, like the pendulum of a clock, *without pause*, the forward motion of the head beginning as soon as the backward motion stops). Then rest a few moments, watching and feeling the different sensations of your body. Then do another seven breaths—then a few moments' rest; and so on until seven sevens have been breathed.

Watch the illustrations, remembering that the body must not be lowered, and that the spine must be kept straight all the time. You must not lean back against the chair. (In our classes, students acquire such control of the body that they can thus sit erect, without leaning back, for hours at a time.) Remember, this is a *rhythmic* breath, the head swinging like the pendulum of a clock, without jerking. (Some beginners suddenly throw the head back, then stop all motion while completing the inhalation, then suddenly throw the head forward, and hold it still while completing the exhalation. This is wrong.) The swing should be timed slowly enough so that you complete the inhalation at the same time the head gets all the way back. Then immediately begin the forward motion of the head and the exhalation, timed so that the breath is completely exhaled at same time as head reaches the lowest point. Then immediately start inhaling again.

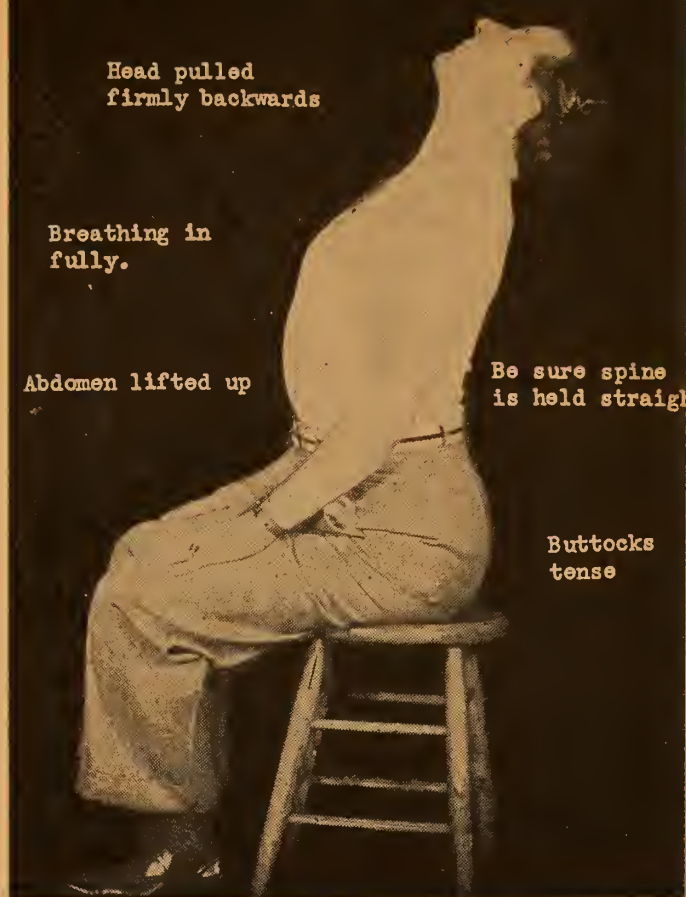
**SUMMARY**—Take in breath through the nose while head swings up and back, blow it out through the mouth as head swings forward and down. Do this vigorously and *without stopping* until you have completed *seven complete breaths*. Then rest a few moments, watching the sensations caused in your body. Then take seven more complete breaths, and so on until you have taken 49 complete breaths.

**AFTER COMPLETING 49 BREATHS.—SIT QUIETLY AND REST.**

FIRST POSITION



SECOND POSITION



**BREATH No. 1—MEMORY DEVELOPING [VIBRATORY] BREATH**

This is a Breath that will astound those who breathe it properly. Make sure that you place the body in the right position before you begin—read instructions in the panel below together with those on illustration.

THIRD POSITION



**GENERAL INSTRUCTIONS FOR THIS BREATH.**

First Position—Feet flat on ground, heels together, spine straight, fingers gently touching, breathing deeply from abdomen.

Second Position—Rhythmic movement upwards and downwards; strong pulling-in feeling at abdomen and small of back. Exhale vigorously.

Third Position—Relax entirely . . . get heavy! Reverential attitude of mind; gentle breathing.



## AFTER COMPLETING 49 BREATHS

Turn the hands, so that they are now palms up on the knees, relax every muscle of the body, but do not lean back against the chair. Then with the lesson before you, read slowly, with as much feeling as you can, the words of the relaxation exercise or affirmation for this breath (on opposite page), trying to *make real* everything you are saying. Do this, however, in a relaxed state of mind as well as of body. It is only when you are *relaxed mentally* that the words and feelings *sink deeply* into the sub-conscious. You are then truly "feeling after HIM, if haply ye may find him."

Later on, after a week or two of practice, you will become familiar with the words of the relaxation exercise, and will find it comparatively easy to memorize them. They should be memorized, ultimately, because as long as you are in Mentalphysics, this breath is to be a daily ritual, and will be more effective when you have memorized the words and can keep the eyes closed while repeating them. At first this may not be advisable, because the effort of recalling the words may prevent complete mental relaxation.

*The purpose of this breath* is to charge the body with PRANA, the subtle force of life, nerve and brain energy—to start you on the road to the Higher Consciousness where greater and more beautiful things are possible. One of the essentials of this Higher Consciousness is the *feeling of joy and beauty*, of Light and Divine Love within.



## *Spiritual Work*

### **BREATH No. 1: RELAXATION EXERCISE**

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*“Now, I imagine a Great Light at the top of my head. The top of my head is heavy and relaxed—the forehead is relaxed—the eyes are heavy and relaxed—the muscles of the face are withdrawn, no pressure on the teeth, the jaw gently drops—the arms and hands are very heavy . . . but, Oh! how happy I feel. I feel happy all over, particularly in my beautiful face. My face is bathed in smiles. My whole body seems bathed in the blushes of my smiles. I feel a gentle pressure from within outwards, taking away all the little lines of care, worry, trouble, fear . . . I feel happy all over!”*

*“Now the light comes down. The chest is relaxed—the abdomen drops down, as the Light goes down, down to the tips of my toes.*

*“Now I imagine that great Light at the back of my neck. I am looking down over my beautiful spine. It seems that I am looking at a great waterfall, with the sunshine playing on it. I see a countless number of tiny specks of iridescent Light . . . Light . . . LIGHT . . . and I know my Whole Body to be full of Light. ‘If thine eye be single’—the Single Eye, the Eternal Eye, the Third Eye, the Spiritual Eye (the Eye that I am now using) . . . ‘if thine eye be single, thy Whole Body will be full of Light.’ And I know that every cell in that countless, countless number of cells in my body is a Light, a Lamp, a Torch, bringing to me the LIGHT OF THE DIVINE WISDOM WITHIN ME, the Light being in perfect correspondence with the Flame, as the Flame is in perfect correspondence with the Fire . . . the Fire of Divine Love that is in the Center of Centers of my inmost Being.*

*“And now . . . feeling happy, giving thanks . . . slowly, without letting myself know it, I take a little breath and a long, deep, sweeping, sweeping sigh.*

*“Now I take another little breath . . . and a quick sigh.”*



# The Institute of Mentalphysics— (First Church of Mystic Christianity)

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## INITIATE GROUP

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Issued from the Office of The Preceptor Emeritus of The Institute of Mentalphysics,  
Los Angeles 4, California, U.S.A.

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## YOUR FIRST LESSON

(First Week)

(To be studied and practised every night for the First Week, with no break. The Second Lesson, sent to you with this Manuscript, must not even be looked at during the First Week. Second Lesson is for the Second Week. This is most important.)

NOTE: THESE LESSONS ARE YOURS AND NOBODY ELSE'S. YOU ARE ASKED THAT, AS FAR AS POSSIBLE, NO OTHER HAND SHALL TOUCH THEM, NO OTHER EYE SEE THEM. WHY? BECAUSE THEY ARE THE LINK BETWEEN YOU AND YOUR TEACHER, AND YOU WILL FIND THAT THEY WILL BECOME INFINITELY SACRED TO YOU. YOU DO NOT WISH TO BE AFFECTED BY ANY VIBRATION LOWER THAN YOUR OWN.—Edwin J. Dingle.

### "GUIDANCE FOR THE INITIATE"

● *Scientific Meditation.*—You are first to be taught how to "be STILL". Few people know what Meditation (Going into The Silence of your own Being) means. It is necessary for you to sit in the same place, as near as possible to the same time of day, in the same position. Therefore, choose your place—your bedroom is the best. Retire early; the first night, read this Lesson through, then read it again, then begin to practise as you are shown. To undertake the work thoroughly, it is advocated that one hour each night for at least a month be given. After the first month, you will feel so much better for the Meditations and the new realization of Knowledge that is gradually coming to you that you will not need to be counseled to practise, for your own mind will dictate this, and you will derive great pleasure from your Scientific Meditations.

These Lessons are designed primarily for those students who are interested in Rejuvenation (real YOUTH, Youth being the true reflection of Life Itself), Success and the Art of Living. The *words* in the Meditations, however, may be changed to suit any particular ambition you may have for yourself. If you are interested more in the subject of strict material success—the making of money, becoming a great musician, or a writer, or an artist, you may change the wordings of the Denials and the Affirmations to suit your own needs. What I shall do for you in this Scientific Teaching will be to uncover the PRINCIPLE, the *ONE LAW THAT CAN BE MADE TO APPLY IN THE REALIZATION OF ANY AMBITION.*

It must be emphasized that to gain success and mastery, in no matter what we may undertake, it is essential that the knowledge presented in these Lessons must be so *gradually* absorbed as to irrevocably become a part of the New Consciousness we are setting out to build.

### FOLLOW YOUR DIETARY REGIME

● *Question of Diet.*—Care should be taken with the diet. You are advised to follow your printed Ten-day Regime. In a very real sense, we can only be what we eat—we KNOW that we are actually WHAT WE THINK, but what we eat is the result of our thinking. In this writer's opinion, tested over a period of some years, the "raw food plan" is the best. In any case, temperance in diet is the golden rule. Meat eaters should cut down the meat ration to the minimum, and the food intake should be com-

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*The Student is referred to the Mild Cleansing Regime at end of this Lesson.*

posed of pure wholesome food. There is an abundance of literature on how and what to eat, so that we will dismiss the matter here by advising the Student, especially if he or she be suffering from disease in any form, to investigate the subject of food from his or her own particular standpoint. Meditational exercises should never be undertaken until three hours after a meal, and more rapid progress will be made at the start if the food bulk be considerably reduced.

● BUT REMEMBER: YOU are to decide what are *your* own particular needs. . . .

IT IS YOU who must live your own life. . . . YOU must do your own thinking, and you are the sum total of your own Thought. . . . All that any teacher can do is to shed Light upon the Path; you yourself must tread The Path.

IF YOU FIND REPETITION IN YOUR LESSONS, BE ASSURED THAT IT IS INTENTIONALLY DONE FOR YOUR BENEFIT.

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## FOREWORD (To Be Memorized)

(This is to be read in the First Person, and ALWAYS IN THE PRESENT TENSE. Our work is being done NOW—not in the future.)

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- I am now entering upon the Greatest Teaching accessible to Man, for I am learning the Secret of existence.
  - The Riddle of the Universe is about me; I am now solving it.
  - I learn why men die, why they are born, and why they live. I learn why men succeed, and why they fail, why they are happy and why they are discontent. I HAVE THE POWER AND THE ABILITY to live as long as I desire, to achieve whatever I wish, and the doors of My Mind are now open that I may learn how this is done.
  - I now learn that Man is the Master of his destiny, that Man is the Author of Death. I realize that Death is a mental concept and not a Law of Life.
  - I now realize that ALL NEGATION is a mental concept, and not a Law of Life.
  - I learn that THERE IS ONLY ONE LAW OF CREATION—the Law of Life.
  - I am now developing the power and the ability to realize in my own life the One Divine Principle in which all Success, Happiness and Peace reside.

... And I thank the Infinite Spirit  
Within ME for the knowledge of  
this wondrous truth now revealed  
to my Consciousness.

READ THE ABOVE AT INTERVALS IN ORDER THAT THE THOUGHT MAY PENETRATE TO THE SUBCONSCIOUS MIND, TO BE ABSORBED AND ESTABLISHED.

SAY IT TO YOURSELF A HUNDRED TIMES A DAY, WHENEVER YOU ARE FREE.

IT IS NOT NECESSARY FOR YOU TO SEE THE SENSE OF IT. THAT WILL COME LATER. ALL THAT YOU DO NOW IS AS A CHILD DOES WHEN IT SETS OUT TO LEARN THE ALPHABET. IT DOES NOT ASK WHY B COMES AFTER A, C AFTER B; IT ACCEPTS THE TEACHER'S WORD. WE MUST START BY ACCEPTING UNQUESTIONED ESSENTIAL TRUTHS.

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## HOW TO MEDITATE

(Follow these instructions carefully if you would have rapid success.)

- (a) Sit in a comfortable chair, with the spine erect. (It is better, if you can, to sit on the floor "Tailor Fashion," perhaps with a small cushion under you, so that your legs are slightly lower than your buttocks. But the SPINE MUST BE STRAIGHT.)
- (b) Take three or four long breaths through the nostrils; as you exhale, *flex* the body, so that it becomes quite limp. The tenseness of all the muscles is withdrawn. Place your hands on your knees—it is a strange electrical connection about which you know



nothing yet. Sit still, breathing gently without effort. **WHAT YOU ARE DOING NOW IS TO LOSE ALL SENSE OF THE BODY.**

(c) Now, do with the MIND what you have done with the body. Just let go. Don't try to think—don't try not to think. At this stage all kinds of ideas will surge up in the mind. Pay no attention—let them surge. Don't resist. Sit quietly and watch the show, so to speak. After a time, however, without stirring, take possession, and say in a low, firm voice, slowly but audibly, "Peace be still . . . I *am* still . . . I **AM AT PEACE** . . . I am at Peace . . . Peace . . . Peace . . . Peace." (You must not think of time, for you are about to lift your consciousness into a super-physical realm, where time does not exist.)

(d) As soon as you are still, take the DENIAL (quoted later in this Lesson) and in a firm low voice, not even audible to others—but you must say the words—repeat a few times the words of the Denial. The object of this is to "lay the ghost" of the old ideas—to kill them. For you are now reversing the old way of thinking in relation to life. **DON'T HURRY.** Then stop, be quiet, very peaceful. Let the Denial sink in. If there is a tendency for the Mind to wander, draw it back again by repeating the words of the Denial.

(e) Now, take the Affirmation, very resolutely, and treat it in the same manner. Let the tone be decisive, positive, yet reverent. Then sit still, **VERY** still, very peaceful and still, and let the Affirmation sink in. **WAIT—LISTEN** . . . after some practice—it may take a week, a month; men vary—you will hear a voice speaking to you in the Silence. That is the Voice of the soul.

NOTE: Do not be disappointed if your mind is hard to control at the start. If you make any progress in the first week, be glad and grateful. Be **ASSURED THAT IT WILL COME ALL RIGHT IN TIME.** If you have any difficulty, sit and imagine that you are looking within you, watching your own Breath. Notice how even it is—how beautiful—and imagine that the life force is coming in with every breath that you take, and that it is going all over you, remaining with you like a Great Light within.

(f) Always sit in the same place. You will know later on why this is desirable. If you are fortunate enough to hear the Voice referred to in (e) realize that it is the Voice of the Spiritual Man speaking to the Physical Man. This may take you out of your abstraction with a start. Never mind, try again. Assume a grateful mood and give thanks. You are to learn in a way that you have never learned before that the **INFINITE WISDOM**, of which you are a part, **Knows All There Is To Be Known.** Therefore, when you are in touch with it consciously, there is nothing that **YOU** cannot know. Your connection with it now is **UNCONSCIOUS**, instinctive.

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## GOING INTO MEDITATION

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*"Thou hast to reach that fixity of mind in which no breeze, however strong, can waft an earthly thought within. Thus purified, the shrine must of all action, sound or earthly light be void; e'en as a butterfly, o'ertaken by the frost, falls lifeless at the threshold—so must all earthly thoughts fall dead before the fane."*

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*At night, before retiring, go into Meditation thus (See that the nostrils are clear; have nothing tight against the body; be reverent in your mind.)*

Note.—The Student may change the wording to suit himself or herself; a good plan at the very start of this course is to take a sheet of paper and analyze yourself, putting down in one column all the positive qualities and characteristics of your own personality—those things you like in yourself. In another column place those negative factors in your life, such as Fear, perhaps, or Cowardice, or

anything that you wish you could get rid of. Then you can make your own Denial and Affirmation, claiming what you desire in regard to success in any direction—indeed, whatever you yourself desire to create in your own life. For special Denials and Affirmations on your own psychological handicaps and for personal success, see Page 30.

## DENIAL

(Speak the words audibly)

DEATH IS NOT A LAW OF LIFE.

MAN IS NOT SUBJECT TO DECAY, SICKNESS OR OLD AGE.

THERE IS NO OLD AGE—THERE IS NO DECAY—THERE IS NO DEATH—THERE IS NO DEATH.

I AM NOT SUBJECT TO DECAY AND OLD AGE.

NOW I AM FREE—FREE—FREE—FREE FOR EVERMORE

## AFFIRMATION

THE LAW OF CREATION IS LIFE.

I AM LIFE—GLORIOUS—WONDROUS—VIBRANT—LIFE.

I AM YOUTH.

I AM BEAUTY—STRENGTH—POWER.

I AM FREE—FREE—LIFE—LIFE.

I AM LIFE ETERNAL—BOUNDLESS—LIMITLESS—EVERLASTING—NEVER-ENDING—WONDERFUL LIFE.

I AM FREE . . . FREE . . . FREE!

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● *A WORD OF WARNING.*—DO NOT THINK THAT THIS IS SIMPLE, OR THAT YOU HAVE KNOWN THIS ALL BEFORE—YOU ARE MERELY STARTING AT THE VERY BEGINNING. YOU ARE BEGINNING TO BUILD THAT PERFECT TEMPLE, AND IT IS ABSOLUTELY NECESSARY FOR YOU TO PUT IN THE FOUNDATIONS.

● *BE OPEN-MINDED.*—The Founder of Mentalphysics invites you—for you are really in earnest—to put aside for the time being all that you have learned before about Psychology or any of the multifarious phases of Life that you may have studied. His own experience in taking up this work many years ago was that many things to which he tenaciously held as true were proved later on to have been false. Do not think that you can be robbed of any Truth you may previously have learned. Believe, however, that this work that you are about to undertake is to prove for you the very *Key to Knowledge*.

## *Seek the Truth—Be Not Afraid*

● While you will find that all Truth that you have previously learned cannot be lost or changed—indeed, it will become all the more real for you—place yourself in that attitude of mind that will allow you, irrespective of creeds or dogmas or religions, to be willing and anxious to change your mind *whenever you have good and sufficient reasons for so doing*.

● In this work of Mentalphysics, you are like a Scientist, investigating forces with the same unbiased methods as used by the scientist investigating all problems of Nature, without fear and without prejudice. *We are seeking Truth, fearlessly investigating, having the courage, when we PROVE ALL THINGS, to grapple our new knowledge to our minds with hoops of steel, so that nothing can shake it from us. Science proves that no one fact in Nature is contrary to any other fact, and, therefore, you cannot learn any single fact in your lessons which conflicts with any other fact that you know.* But MOST MEN ARE IGNORANT OF THEIR TRUE NATURE; for it is known that our lives are based on laws as definite in their operation as electricity, heat, light, gravity, magnetism—all Natural Laws. Though these Great Natural Laws are invisible to our eyes, we know that they exist and that they are powerful. No one ever SAW gravity or electricity, but we know their effects. No one ever saw the force that pulls the compass needle towards the North Pole, but we know that it does pull it.

● YOU NEVER SAW THE FORCE THAT MAKES YOU BREATHE, BUT YOU KNOW THAT YOU DO BREATHE. WE GO, IN THE PRACTICE OF MENTALPHYSICS, TO THE PLACE



WHERE THAT FORCE RESIDES—IN THE SILENCE, AND IT IS FROM THE SILENCE THAT OUR KNOWLEDGE WILL GRADUALLY BREAK THROUGH FROM THE GREAT UNIVERSAL STOREHOUSE.

## *Be Ye Perfect!*

● *A Perfect Mind in a Perfect Body.*—It is vital, first and foremost, to have a perfect body. These Lessons, with the Scientific Breathings, will work wonders in this direction. If we think of it in this way it may help us: if we are made "in His Image," it is self-evident that we have the power resident within us to be and remain in His Image. The body, then, should be a reflection of the Image. As one writer has said: "The true being of man is perfect, and the Mind is the mirror reflecting the perfection of true being. When the personality does not manifest the qualities of true being, we try to change the personality . . . But remove the defects from the mirror and the reflection will be the exact likeness of the reality standing before the mirror. When the Mind properly reflects the real man, the personal man will express the perfection of true being; the personal in man will manifest the real in Man, and the real in Man is created in the image of God."

● In these lessons, however, we prefer to get away from all generalities. *What IS man? What is HIS MIND? What is the POWER that enables him to think? What is the very force that enables him to breathe and live?* We shall be concerned during the next few weeks to discover and understand all these problems in a manner which will be beyond disputation, and which will stand the rigid test of scientific investigation. *We have a glorious time ahead of us.*

● THE STUDENT IS URGED TO MAKE A SACRED VOW WITH HIMSELF OR HERSELF THAT, COME WHAT MAY, HIS PRACTICE SHALL NOT BE INTERFERED WITH DURING THE WHOLE OF THE TIME TAKEN FOR THIS COURSE OF LESSONS. THERE MUST BE NO EXCUSES. SHUT OUT ALL AFFAIRS THAT WILL INTERFERE WITH YOUR FAITHFUL ADHERENCE TO YOUR DAILY PRACTICE. YOU ARE TO LEARN AND REALIZE DURING THE ENSUING FEW MONTHS MORE REGARDING THE FACTS OF LIFE THAN YOU HAVE EVER LEARNED BEFORE. Be Happy! Rejoice!

● This is the end of Your First Lesson. It leads you into the secret of how to investigate, for it deals with the science of Meditation. Through this Lesson, you will learn, in a manner which may be entirely new to you, how to begin to control both your Body through "watching your breath" and your Mind "by watching your thought."

● You must be faithful in your practice this first week. There is a good deal of work to be done in the first three weeks, but thereafter, especially when you have begun the mastery of the Scientific and Spiritual Breathings, you will find that you have settled down to manifest the new truths that you are learning. Be happy—rejoice!

YOUR NEXT LESSON.—Your Second Lesson, for the second week, is entitled "Entering the Gate" (first part); it will lead you into a conception of Visualization, showing the different forces of mind which you use in creating your own secret purposes.

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## MENTALPHYSICS MILD CLEANSING REGIME

As the human body is The Temple of the Living God, it is well to undergo a short Cleansing Regime. From time immemorial, the wise have recognized the spiritual and mental value of fasting occasionally. Many students have found this Ten day Cleansing Regime to be wonderfully beneficial. It is designed, however, for the average students, not those in a weakened or diseased condition, or with special antipathy toward certain foods. Such must use their own judgment or get advice elsewhere.

### FIRST AND SECOND DAYS

*On Rising*—Hot water with the juice of a lemon.

*Cleanse Ears*—Breathe in through right nostril, retain; breathe in through left nostril, retain. Close nostrils by holding nose with thumb and forefinger of right hand, then direct the breath through the head, as if you were breathing through the ears.

*Cleanse Throat*—Thoroughly gargle with warm water and lemon juice.

*Cleanse Tongue*—Using tablespoon, thoroughly scrape the tongue; cleanse mouth with warm water with little lemon juice.

*Go to Stool*—For assisting evacuation; clasp hands over the abdomen, the elbows outward, take a short breath and retain, pull hands outward.

*Breakfast*—Six or eight ounces of orange juice, small spoonful of olive oil, spoonful of honey, the yolk of one egg—beat up well together; add little cream; thoroughly mix. Take it with about twelve unsalted almonds (thoroughly masticate the almonds).

*During Morning*—Pure water. If constipated, FRUIT in abundance.

*Luncheon*—Full glass of tomato juice, with lemon juice squeezed into it; no pepper or salt.

*During Afternoon*—Distilled water.

*Evening Meal*—One bowl of vegetable soup.

*Bedtime*—One glass of tomato juice.

*Important*—See that your nose is thoroughly clean. SLEEP with head to the north, feet to the south. Do a little breathing when ready to get into bed. If you bathe at night, not too warm a bath.



### THIRD AND FOURTH DAYS

*Morning Regime up to Breakfast*—The same.

*Breakfast*—Same, unless you wish to vary the fruit; but the orange fruit cocktail is extremely good food. (If you have been taking coffee regularly, cut down gradually.)

*During Morning*—Pure water.

*Luncheon*—Vegetable soup.

**RAW**—Large salad of raw vegetables, such as Lettuce, Romaine, Watercress, Endive, Leeks, Parsley, Cabbage, Celery, Radishes, Green Onions, Grated Parsnips, Raw Grated Beets, Raw Chopped Spinach, Swiss Chard, Horseradish, Bean Sprouts. Plenty of olive oil. Little lemon juice. No mayonnaise.

**COOKED**—One cooked vegetable, such as Beet Tops, Cabbage, White or Green Onions, String Beans, Brussel Sprouts, Cauliflower, Carrots, Artichokes. One SMALL order of Kidney Beans, Navy Beans, Whole Grain Wheat, Brown Rice, or Squash.

*During Afternoon*—Pure water.

*Evening Meal*—

**RAW**—Same as luncheon, varying the vegetables.

**COOKED**—None.

If not constipated, one banana, masbed down, with little honey and olive oil.

*Bedtime*—Before retiring—six or eight unsulphured figs, soaked in cold water. Thoroughly masticate figs and drink the water in which they were soaked.

### FIFTH AND SIXTH DAYS

*Morning Regime up to Breakfast*—The same.

*Breakfast*—The same.

*During Morning*—Pure water. If constipated, fresh fruit.

*Luncheon*—

**RAW**—Two above-the-ground vegetables, two below-the-ground vegetables (one to be a small baked potato, with butter—eat the skins). Olive oil with salad, and little lemon juice. No mayonnaise.

**NOTE:** This is a 10 day diet only. *Do not continue it longer.* It is not meant for continuous use. It is not meant for people in special cases requiring special diet. The average person may go through this 10 day diet again after 60 days, or at longer intervals, when he feels the need of it. (See "Information for New Students," pages 24 and 25).

### PEACE BE UNTO YOU—END OF FIRST LESSON

*Written in Faith by Edwin J. Dingle,  
Los Angeles 4, California, U.S.A.*

No potato if constipated. If not constipated and hungry, add one cooked vegetable.

*During Afternoon*—Pure water.

*One Hour Before Dinner*—Some fresh fruit (any kind desired); not too much.

*Evening Meal*—

**RAW**—Good salad; do not omit grated carrots, grated beets and spring onions. Olive oil and lemon.

**COOKED**—Two dishes—say, spinach and squash or spinach and brussel sprouts. Rye crisp or whole wheat bread, toasted.

**DESSERT**—Washed raisins and a few nuts.

*Bedtime*—Fruit—preferably unsulphured figs.

### SEVENTH AND EIGHTH DAYS

Same as third and fourth days.

### NINTH AND TENTH DAYS

Same as third and fourth days, with following changes: Add vegetable soup to evening meal.

Change dessert at evening meal to one mashed banana with honey and olive oil.

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This Mild Cleansing Regime has been found to be very beneficial, and many students take it every two months.

If you are a meat-eater, you are advised to investigate the truth about meat. YOU are to be the judge, but the writer of these lines, who for forty years was a great meat-eater, can categorically state that dispensing with flesh brought about a condition of good health more rapidly than through any other means. We cannot improve on Nature, and Nature provides us with all that we need in natural form. But YOU must be your own judge.

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No salt or condiments; plenty of pure water always; select your foods with care, and be happy while at meals—never eat when tired or disturbed.

# INFORMATION FOR NEW STUDENTS

*By the Director of Membership*

(Read this only after all other material enclosed has been read)

## POINTERS ON FIRST LESSON

- This little addition is not part of the Lesson itself. I am just a student like yourself, a little further along perhaps, but by no means an authority. I do, however, believe I can help some students by giving pointers, bits of information picked up here in Ding Le Mei's personal classes.
- In class, we begin by doing the Breathings, after Ding Le Mei shows us how to do them. We don't get the written Lessons you now have until after the *fourth* class lesson. After this practice of the exercises, the written lesson itself is more easily understood.
- Therefore—after reading the material enclosed just to get a birdseye view—*start* your daily practice. What you *do* is what counts, not what you read. Just do the exercises every day, and later you will have *experienced* most of the things you can only read about at first.

### *Your Program for the First Week—Eight Things To Do Every Day*

1. Eat only what the diet permits. (Not absolutely necessary, but progress will be much faster if diet is observed.)
2. Immediately after getting up in morning, practise the Harmonic Breath four times, and the Vibratory Breath forty-nine times (seven times seven). (Less if seven sevens cause neck or throat to feel uncomfortable. But practice the seven sevens daily as soon as you comfortably can.)
3. Pause now and then during the seven sevens, and read the *relaxation exercise* (Page 14 of general instructions). Read it again at the *end* of the seven sevens. A good plan is to take seven breaths, then relax for a minute or two. Then fourteen breaths and relax, fourteen more and relax, then the last fourteen, and relax.
4. Shortly before lunch, Harmonic Breath four times.
5. During afternoon, a few sevens of the Vibratory Breath if you have opportunity to be alone. (Not necessary, however.)
6. Shortly before dinner, Harmonic Breath four times.
7. An hour before retiring, meditate for one hour. If not possible, half an hour, but your progress toward mind control will then be much less rapid.
8. Harmonic Breath four times, then immediately to sleep.

NOTE: The Meditation at night may be practiced three times a week if other duties prevent such meditation every night, but progress will be slower.

### *Practice—Not Mere Study or Reading—Is the Secret of Success*

- Just do the eight things outlined, make them a part of your daily habits. Mere reading and study won't get you anywhere. Many people do that all their lives, and never accomplish much. You can't learn to play the piano by reading about it. Neither can you learn self-mastery, mind control, body control, through mere study. *Self-mastery can be learned only through practice*, just as piano playing can be learned only through practice. And you can never master other people, never master a part of the Power Within you, until you have first learned, in great measure, to *master yourself*.

### *Are You Your Own Boss?*

Or is your body the boss? Are you your own master, or are your habits your master? Do you control your own thoughts, or are you sidetracked by every passing whim and fancy? Do other people turn you from your purpose, or do you make your own decisions and carry them out in spite of other people? FIND OUT. A good way is to see if you can follow this regime for two weeks, letting nothing or no one turn you from your purpose. You can, of course, but *will* you? Will you hold resolutely to *one purpose* for two weeks without permitting doubt, or temptation, or inconvenience, even *yourself*, to swerve you? If you do, *you are one person in a hundred*, and *you will go far*. You will be developing determination, fixity of purpose, decision of character, will-power, self-mastery.

Before you begin, fix your program. You will probably have to rise a half hour earlier in the morning. The harder this is, the *greater* the addition to your strength of character, *if you persist*. Be careful, in fixing your program, not to decide upon something you can't keep up. If night school, business, or other necessary activities prevent your devoting one hour to meditation each night, then decide to do this three times a week. Decide this *in advance*. (Don't under any circumstances, decide to do less after starting. Once having made your decision, do *more* if you wish, but *never less*.) Similarly with the diet. Those boarding with others, or young people living with their families, may have to vary the program a bit. For your own sake, we hope you don't. Decide this matter *in advance*, then *stick* to your decision. Once you weaken, once you begin making excuses to yourself for *not* doing what you had decided to do, you begin making it difficult to develop *mind-power*.



Mind-power can do almost anything. But it must be mind-POWER. There must be FORCE behind it. Mind-dreaming won't get you anywhere. Lazy thinking has no power. Thought without force and fixity of purpose behind it is actually debilitating. You are to learn how to put force and firmness into your thought, through *practice*.

## Mentalphysics Breathings

What has breath to do with mind-power? The wisest men of the East for thousands of years have declared that breath has everything to do with it. Their powers of concentration are beyond compare. They declare these powers come only after persistent practice of their breathing exercises. Their theories about "Prana," that mysterious force in the air which appears to give them such remarkable abilities, are explained in your Manuscript Lesson by Ding Le Mei.

Just use the breathing exercises faithfully, observe their effect on *you* and your mind. Then explain this effect in any way you choose. The theory you believe in means little, once you have seen the *results*. We are open-minded. We admit that a better *explanation* may be found by Science—perhaps a hundred years from now. *But no one will be able to duplicate the mind-power of the adepts without the breathing practices.*

Meantime, remember this: Even some physicians declare that the blood, in modern life, does not get sufficient oxygenation. Remember that the breathings help to make it *richer*, give it more energy, that this revitalized blood is *washing* out your brains and surging through your body, helping it to follow its natural bent and restore damaged tissues. Fat people often lose weight as a consequence. Thin people frequently gain it. Even where the loss of weight is small, it may be distributed better, giving one a more solid and shapely form. You gradually acquire greater energy of body, power of thought, alertness, enthusiasm, *drive*, more strength of character.

The Vibratory Breath, particularly, is a wonder. Glands in the neck and throat are exercised. The muscles and bones at the back of the neck are lubricated or made more elastic. Usually that is the first thing the average masseur tries to do for people. From now on, use this Breath daily. It alone may be of untold benefit to you.

## Before Dieting or Practice of Breathing—Read This Carefully

The exercises and diets are for the great majority of people. Naturally, some people must adapt them to their own particular requirements. Perhaps your physical condition is not average. Perhaps you have already been advised to follow a prescribed diet. Instead of following our diet, by all means follow the diet which has been prescribed for your special case, and follow it *faithfully*. In special cases, obviously someone who knows your condition and is close to you must decide matters of diet. Mentalphysics is a profound psychological and spiritual science. Where physical matters are concerned, we cannot give special advice for individual cases.

Similarly with the breathing practices. These are designed for the person in average physical condition. If your condition is not average, then before undertaking them you should consult someone who knows your condition. You may find it best to start with a smaller number of breathings, before attempting the number we suggest. As in all exercises, long unused muscles may be a little uncomfortable at first. In the average student, this only shows how much the exercise is *needed*.

## Never Underestimate the Importance of Your Body

It is truly the "temple of the Living God." As you get further along in Mentalphysics you will better understand the meaning of those words. The person who attempts to improve himself with mind-power alone, neglecting his body, is like the carpenter who leaves his tools and lumber at home. Mind-power, indeed, can do almost anything, but it *must* be given the instrument and the material with which to work. *This is where Mentalphysics differs radically from certain popular Western ideas of mind-power.* Thought alone cannot keep a starving man from getting weak and thin, nor can it long maintain the health of a man whose diet omits certain important elements the body needs. The Power Within *must* be given the *substance* with which to *build* a capable body and brain.

This substance consists of *five foods*—solid food, liquid food, rest, breath and thought. Each of the five must be of the *right kind*, and *all five* are required to build a gloriously strong and capable individual. Thought can work wonders, but *not* without the *other* four essential foods, which are as necessary as lumber is to a carpenter. One of these—breath in *sufficient quantity*—is lacking in most people's lives. If there *is* such a thing as brain food, breath is *it*.

## The Meditations

Meditation, as usually practised in Western systems, is just so much time wasted. Meditation, without *concentration*, without *force*, is of little avail. The meditations of a lazy, dreamy, or wandering mind do more harm than good—with any kind of affirmation. This is the mistake of various Western teachers and their followers. They don't know what *real* meditation is.

The power of *concentration*, of putting *force* behind your thought, can *only* be learned through *practice*—the most effective practices known are outlined in this lesson and subsequent lessons.

It usually requires considerable practice before one can concentrate for any length of time on one thought, with every other idea or sensation shut out. Still more practice before real silence and peace are attained. Yet it is *only then* that the subconscious mind, the Power Within, God—or whatever you wish to call it—can be *most effectively reached*.

As Ding Le Mei said in class, "Leave your thoughts outside. God doesn't want your brains; you want God's."





# The Institute of Mentalphysics— (First Church of Mystic Christianity)

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## INITIATE GROUP

Issued from the Office of The Preceptor Emeritus of The Institute of Mentalphysics,  
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## YOUR SECOND LESSON

### (Second Week)

*(In these early Lessons the subject of Living Continuously and of Rejuvenation is stressed for several obvious reasons. Unless we can get our Minds to accept the truth that (irrespective of what appears at present) we can greatly extend the span of our lives, and live as long as we desire, it is impossible to imagine ourselves realizing in life all that we desire to do. If we can do the one, the other is possible; if we cannot control our bodies so as to command Perfect Health as long as we desire, then our highest hopes for progressive achievement are obviously not possible of full realization. Do not question. Do not doubt. All things will be explained and made clear as we go along in our Lessons.)*

### "ENTERING THE GATE"—FIRST PART

"Almighty and Eternal Fount of Wisdom, grant us knowledge, understanding and wisdom to speak here words of Truth, Love and Hope. We ask for Light from the higher spheres, and may our Guides guard and control our mind and tongue that nothing but the Truth may here be given, and that the good seed sown may find fertile spots—may live and grow that those who are now in darkness and obscurity may be brought into the radiant sunshine and joyous glory of the unfoldment of true spiritual goodness."

#### (a) *Must Be No Conflict of Mind.*

● In commencing this study and practice—you will find that all through your Teaching, I emphasize constantly PRACTICE rather than mere intellectual study—there is one thing of the utmost importance. It is:

THAT YOU GET A CLEAR CONVICTION, A CLEAR CONVICTION THAT IT IS POSSIBLE FOR YOU TO LIVE AS LONG AS YOU DESIRE TO LIVE, THAT IT IS POSSIBLE FOR YOU TO ACHIEVE WHATEVER YOU HAVE SET YOUR MIND UPON, SO LONG AS IT APPEALS TO YOUR REASON AS A POSSIBILITY.

● *The Process of Living.*—The process of living is like this—first, we THINK; then second, we FEEL; third, we ACT—Thinking, Feeling, Acting (doing). Now, as you are reading this, you may have set your mind upon some great achievement that you intend to carry out, and you have decided that Mentalphysics will lead you on into knowledge which will show you how to do it. You must cultivate this *feeling*. Think of it every moment that you can. But you must not stop at merely thinking about it—you must be convinced that you can *do* it, for you must FEEL THAT YOU CAN DO IT. The difference between a mere intellectual conception of a fact and a deep spiritual realization of a fact are as far apart as the poles. You must be *convinced*.

● You know because you *feel*, that it is possible to you. What you need to learn is the Law by which it is attained. So this conviction must be firmly established in your Mind. That, however, is not enough. This conviction is to pass out of the mentality into THE FEELINGS, so that not only do you feel that you *know it to be a certainty*, but YOU KNOW THAT YOU FEEL IT TO BE A CERTAINTY. Do you see the

difference? You must know that you feel it—you are alive with the feeling of it . . . it is burning itself into your consciousness because your whole being is alive with the Truth that you feel you will make of your life exactly what you want it to be.

● Get this clear in the mind. Without this CONVICTION—unshakeable, fully established—that you can greatly extend the span of your life, that you can live as long as you truly desire to, DO what you truly desire to do, achieve WHATEVER you desire to achieve . . . without this conviction it is not possible to proceed far.

*Practise This.* (Let the sheets lie in your lap. Close your eyes. Declare audibly, "I AM THE MASTER OF MY OWN LIFE . . . I WILL TO DO WHATEVER I DESIRE TO DO." Say it several times. Rest. Now, say it again, with more FEELING . . . say it as if you *know* that you are the Master of your life, for no one else is; say it as if you FEEL that you know you are the Master of your own life. "I rejoice—I did not feel this before, but NOW I KNOW IT . . . I FEEL with all the power of my being that I am the Master of my own life—and I WILL begin now to TRULY LIVE IT.")

● *The Process of Thinking.*—Now, think. Not only must the Reason see and the Consciousness FEEL the certainty, but the conviction is still to pass a stage further—INTO THE IMAGINATION. Dwell upon that word "IMAGINATION." *The Imagination is the CREATIVE FACULTY of you and me.* It is this faculty that causes us to do all that we do, and to be all that we are. Your own *Imagination is the Creative Faculty of the INFINITE FACULTY, which dwells within.* None of us can do anything at all without the idea first coming to us through our own imaginative and creative faculty. You would not have sent for our literature without first imagining that you would do it. You would not have entered as a member of The Institute of Mentalphysics unless the idea first had come to you—how, and through what channel? Through your own Imagination.

● I want you to know, however, that, though the Imagination is your own creative faculty—a part, so to speak, which belongs to you of the Infinite Creative Faculty of that which men call God—you have to learn what to do with it, and how to control and direct it. For—

IF YOU DO NOT DIRECT IT, IT DIRECTS YOU; but, remember that THE CREATIVE FACULTY WILL DO FOR YOU WHATEVER YOU DIRECT IT TO DO, WHATEVER YOU TRAIN IT TO DO.

If you do NOT direct it, it directs YOU—it directs you according to the tradition of the Race, which is disease, decay, death, failure, disappointment and so on. Now, you are a part of the Race; of course you are. *WELL, YOU ACCEPT ITS BELIEFS AND TRADITIONS UNQUESTIONINGLY, LIKE A SHEEP IN THE FLOCK, NOT FINDING OUT FOR YOURSELF AND DOING YOUR OWN THINKING, THEN YOU CANNOT ESCAPE THE RESULTS OF THOSE BELIEFS AND TRADITIONS. THIS IS FOR YOU TO DECIDE.*

### *(b) Will You Break Away From Tradition?*

● All thinking men and women should refuse to accept Race Beliefs; all people who have the power to think DO refuse to accept beliefs simply because "it has always been so." They think for themselves. I take it that YOU have enough courage not to accept—that you have no *fear* to break away from tradition.

(I was once so afraid that I might disturb the conventions. As a little boy, I tried to believe all that my elders told me, but I caught them red-handed on more than one occasion offering me alibis when I asked them questions. "It has always been done," they told me. Yes, and the fellow who had always driven a buggy probably told the Wright brothers that machines would never be able to fly. I wonder how many millions of people, following other millions of people who held the same views, declared that iron would never float. Today, we know that man has made machines that fly, for you can board a plane in New York at night, and get out to the broad Pacific the following morning, and you have only to look at any modern steamer to KNOW that Iron floats. It was the imagination of man that caused these things, though they "had never been done before.")



● Now, it is up to you to decide. It is up to you and to me, and to every other original thinker, to REVERSE THE TRADITION OF THE RACE, enlisting the CREATIVE FACULTY to build Life Conditions, Health conditions, success instead of failure, courage instead of fear, wealth instead of poverty. HOW? By the scientific direction of the very Power of the Sustainer and Controller of the Universe, coming to all of us through our Imagination.

### *(c) Imagination and the Reason*

● Nevertheless, you must be warned that no conflict must be allowed between the *Imagination* and the *Reason*.

● THE REASON—It may not have occurred to you that the Reason and the Imagination are totally different faculties in Man. *THE REASON DOES NOT CREATE—IT CANNOT*. The Imagination creates—that is all that it can and does do. The Reason reasons and makes decisions. That is all that it does, for its work ends there.

● THE IMAGINATION—Your Imagination is that faculty within you that paints the pictures, that presents the images, that inspires you with most fascinating ideas of what you can do. *But the IMAGINATION CANNOT REASON—it is non-reasoning*, and it is *SUBJECT TO THE REASON*.

Therefore, when the Imagination, with the fascination of an unseen artist, creeps into your mind with all sorts of schemes and hopes and desires and pictures and images, and whispers to you that you can be a great man or woman—tells you that you can do something that has never been done before—tells you that you can do what you are doing much better than you are now doing it—tells you that you can be healthy and well and happy—that you can make more money—that you can become the greatest person that ever lived in your particular sphere of activity . . . and you listen, what happens? You are in a brown study. You are thrilled. You see all this going on in your mind, and you are intensely happy. The things around you mean nothing to you while you are in that state of mind. You exult. You see yourself triumphant. You are the conqueror. You are the optimist. You are alive with hope, and are very happy. The world floats by, but there you are enjoying in the serenity of your own mind the marvels of achievement that this wonder-worker is giving you. You feel that you can be well . . . can be more and do more . . . can live as long as you desire . . . you can literally hear your Imagination saying to you—"You can Be What you Want to be, and you can do what you want to do."

You come out of your brown study and say . . . "Ah, yes, I FEEL that I can be more than I am,—BUT I KNOW THAT I WON'T"—All the beautiful work of the Imagination goes for naught. The "I WON'T" is an instruction to the Imagination confirming the Race thought to create negative conditions, and so your desires end in smoke. So it is in everything that we desire to do. This is the process through which we come into achievement,—or the reverse.

● Therefore—LET THERE BE NO CONFLICT IN THE MIND BETWEEN THE REASON AND THE IMAGINATION.

FIRST—Examine carefully what the Imagination brings to you. Let the Reason endorse the idea. Cultivate the certain conviction of the possibility of doing it—of living as long as you desire to live, to grow young and happy and well—to make of your life an outstanding success . . . anything at all that your Reason endorses.

SECOND—Then train the Imagination to feast upon its delights.

### *(d) Student, Be a Leader.*

● Rest and think. You have entered Mentalphysics. You believe that the age-old Wisdom—that Wisdom of the Universal Spirit of All Life—can be made to work out in your life whatever you truly desire, and whatever you can say with your Reason you truly deserve.



● In this Science we emphasize in the early lessons the need of building into our consciousness the irrevocable idea of LIFE—LIFE—LIFE. You and I are LIFE, and LIFE never changes in principle. Therefore, we—though probably a hundred years before our time, believe that Man has the power of Immortality within him. We emphasize the need of building into our consciousness the belief that you and I should have the divine privilege of exercising our inherent power to LIVE. As you go on further in your Lessons, you will be shown why men die and why men fail. The *fact* is that there is a Power of LIFE within you and me which, when we fully understand it, we should be able to control—and it should render us immune from those conditions that cause disease, disharmony and disbalance on all planes of existence.

● LET THE REASON, THEN, BE CONVINCED THAT IT IS POSSIBLE FOR YOU TO LIVE AS LONG AS YOU DESIRE—THAT IT IS POSSIBLE FOR YOU TO ACHIEVE IN YOUR LIFE WHATEVER YOU HAVE SET YOUR MIND UPON (no matter how fantastic it may now appear to you) . . . then, LET YOUR IMAGINATION REVEL IN THE PLEASURE OF ITS CONTEMPLATION.

● Picture up in your mind a Being, the Real You, full of LIFE AND VIGOR, of ENERGY, OF HOPE AND BELIEF IN THE MANIFESTATION OF DIVINE POWER WITHIN YOU, OF INTENSE PERSONAL MAGNETISM WHICH WILL ENABLE YOU TO DIRECT HUMAN ACTIVITIES IN LINE WITH YOUR HIGHEST HOPES . . . in short, a LEADER throbbing with power and attracting to yourself only that in unison with all Good. Think of your REAL SELF. Imagine: Eighty, ninety years, a century, a century and a quarter—but why measure Time? When we uncover the I AM, we come to know that, truly, “Whatever the Creator is, I am.”

So: YOU MUST NOT SAY—“I WANT TO LIVE INDEFINITELY, BUT I KNOW THAT I WON’T” . . . “I WILL, BUT I CAN’T” . . . No, a thousand times no.

YOU MUST NOT SAY THAT YOU CANNOT MAKE A FRESH START.

YOU MUST NOT SAY THAT YOU CANNOT DO WHAT YOU FEEL THAT YOU WOULD LIKE TO DO.

YOU MUST NOT SAY THAT YOU LACK ANYTHING WHATEVER TO KEEP YOU FROM BEING WHAT YOU WANT TO BE.

● NO, NO, NO . . . BELIEVE that you can conquer, and that WITHIN YOU—though you may not yet know what it is—there is a POWER that causes the Universe to be what it is.

### *Instructions for the Coming Week*

● During the week that you have now entered upon, be FAITHFUL to your own Higher Self. I would like you, *during the day*, whenever your mind is at rest, to think of the *ORDER OF THE UNIVERSE*. You are sincerely seeking a perfection which includes the fullest knowledge and service of the Ideal and the fullest equipment for the service of the Ideal. It will be revealed to you as you are worthy.

FIRST—Do not TALK much. Learn how to control the tongue—later you will know what it means to “Have No Tongue.” In needless speech, we waste much energy.

SECOND—Hold the things that you are learning in your mind every moment that you can do so.

THIRD—Remember that success depends upon Knowledge—they are interlinked. Knowledge is yours as you work for it. It is an upward process, which coincides with every movement in Nature. Everything in Nature struggles upward—so do you and I, and the more we KNOW the greater our POWER. After the nebula comes the orb, then the mineral, then the plant, then the animal, after the animal the man, at the apex of Nature; the evolution of Nature is followed by the progress of Humanity.

### **ADD TO YOUR MEDITATIONS**

I AM NOW DEVELOPING CREATIVE WISDOM THROUGH MY IMAGINATION.

I AM A CHANNEL OF CREATIVE WISDOM.

CREATIVE WISDOM IS THE LIGHT OF MY MIND.

I AM FREE FROM ALL NEGATION.

PEACE BE UNTO YOU—END OF SECOND LESSON

*Written in Faith by Edwin J. Dingle,  
at Los Angeles 4, California, U.S.A.*

# Special Meditation

**TO THE STUDENT:** You are advised to **ADD** any or all of these Affirmations to your Meditation. It is best not meditate upon too many things at one time, and these Affirmations are given to you in the event that you feel your whole needs are not covered by the spiritual declarations given in the body of your regular Documentary Lesson. Whatever meditation you decide upon, **STICK TO IT WITHOUT CHANGE FOR THREE WEEKS.**

## FOR PSYCHOLOGICAL HANDICAPS

### DENIALS

For any sense of **WORRY** "I am free from all worry—nothing nor no one can worry me."

For any sense of **FEAR** "I am free from all fear—I have no fear—there is no fear for me . . . I have nothing to fear. I AM FREE."

For development of **POWER** "I am power—full, free, active **POWER** . . . None has more Intelligence than I have, none more ability, none more **POWER—I AM POWER** . . . There is no obstacle I cannot overcome, no problem I cannot solve . . . I AM **POWER**."

For Development of **PERSONALITY** "None is more admirable than I am, more divine, more loved than I am . . . I AM **JOY** . . . I am admired, I am liked by all people . . . ALL stand ready to help me . . . ALL desire to be my friend, as I am friend to all . . . I AM **JOY**."

### AFFIRMATIONS

For Personal Development in Every Avenue of Life Activity . . . "I am now master of my mind and body . . . I am **WHOLE** . . . I am proud of the man (or woman) that I am, of the things that I can do, the strength of my character, the courage of my heart . . . I AM **MASTER OF MYSELF**."

"I am making of myself, now, the most admirable and capable of men."

"I am sought after . . . popular, honored, respected."

For Development of **COURAGE** "I am courage . . . I eagerly recognize opportunities to show my courage."

For Development of **Personal Influence** "I am intelligence . . . I am influential . . . I am powerful in all that I do . . . my whole life is goodness, and my influence is everywhere for good."

"My influence over others is powerful . . . I influence people as I desire . . . my influence is always for good."

"I am all-conquering . . . courageous . . . powerful . . . positive . . . strong . . . energetic . . . I AM **THE MASTER**."

## FOR PERSONAL SUCCESS

### DENIALS

For any sense of **FAILURE** "I cannot fail . . . there is no failure for me. I am free from all failure whatsoever."

"Seeming delays and setbacks are merely preparation for greater things."

"There is no failure for me . . . **NOTHING** can withstand my efforts—**NOTHING** can prevent my triumph."

"No man can deny me what is rightfully mine . . . none can prevent my securing it . . . I am free from all sense of failure . . . I am free."

### AFFIRMATIONS

For Development of **Personal SUCCESS** "I am strong now . . . I am powerful now . . . I am supremely capable . . . divinely inspired . . . I am Master of my whole life . . . I am victorious evermore."

"I have all the imagination of the universe . . . my imagination works miracles for me."

"I am power . . . I use my divine power every moment that I live."

"I am Wisdom . . . the wisdom of life itself within me. It is guiding my every thought and action to full achievement."

For Development of **Personal ENERGY** "The foundation of my life is now complete . . . I use endless energy towards inevitable success . . . my energy is boundless."

"I breathe success . . . I speak success . . . I AM **SUCCESS**."

"Outward evidences of my success manifest every day, every hour, every moment. My present enterprise is being crowned with victory . . . my efforts are being richly rewarded . . . wealth and success are on their way to me."

"Glory—Fame—Honor—Power . . . All are mine now . . . I know it now—the world shall know soon . . . The world and all that it can give to me are mine now for the taking."

## PROGRESS TEST PAPER—No. 1

If you have made a careful study of your Spiritual Breathings and your latest Lessons, you are prepared to answer the following questions.

You are advised to most carefully fill in your answers to these questions, so that you may build into your consciousness more deeply that which you have learned.

Do this on the seventh evening. Do not destroy this Progress Test Paper, so that later—perhaps in years to come—it will serve as a guide in reviewing your unfoldment along The Path; and also enable you to complete your full Examination Papers which come to you with your 26th Lesson. Peace be unto you.

*Ding Lee Mei*

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### BREATHINGS:

- (1). (a) Did you carefully read instructions and follow exercises pp. 1 to 17?.....  
(b) Do you feel that you understand what PRANA is?.....
- (2). To advance evolutionarily in Mind, Body and Spirit in your studies, you are taught to combine Creative Energy with Mental physics principles and laws embodied in: (I) Secrecy; (II) Intensity; (III) Personal Conspiracy; (IV) True Desire; and (V) Evolutionary Action. Do you feel that you have the right understanding of these five points?.....  
(State your interpretation, if you so desire.).....  
.....
- (3). Your physical and mental health depends materially upon what unseen action or force?.....  
.....

### TEN-DAY DIETARY REGIME:

- (1). Did you follow closely the ten-day Dietary Regime?.....If not, tell me about it.  
.....  
.....
- (2). Are you suffering from any definite physical disease or weakness?.....  
If so, describe.....
- (3). Are you a meat eater?....., and, do you drink coffee?.....
- (4). Do you find you cannot or do not wish to carry out the regime suggested—that is, from the non-meat eating angle?.....  
(Let me have your opinion regarding this, if you so wish.)

### DOCUMENTARY LESSONS No. 1 and 2:

- (1). Have you memorized the Foreword on p. 2 (Lesson 1)?.....
- (2). What are the three steps in the "Process of Living"? (1).....  
(2).....(3).....
- (3). Have you chosen a place and time for Meditation?.....
- (4). (a) Did you analyze yourself for Meditation?.....  
(b) Did you prepare a "Denial and Affirmation" from your analysis?.....
- (5). Have you memorized the "Denial" and "Affirmation"?.....
- (6). Do you feel that you understand the difference between the REASON and the IMAGINATION?..... Briefly describe (if you wish).....  
.....
- (7). Do you understand the importance of the points brought out under (c) on p. 3 of Lesson 2?.....

### PERSONAL REMARKS:







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## INITIATE GROUP

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## YOUR THIRD LESSON (Third Week)

### "ENTERING THE GATE"—SECOND PART

● The darker life appears to any man, the more eagerly should he look forth from the window through which the Light Ineffable that bathes the Universe and gives it life can be seen. In Your Second Lesson, you were brought into contact with the difference between the *Imagination* and the *Reason*—the two great divisions of man's mind by which he first, *receives the Light of the Divine Wisdom*, and second, *decides how he shall use it*. You will have gained knowledge as to how the Imagination works. You will see that a trained Imagination is the greatest gift possible to man.

● Now, you are an aspirant. Blind aspiration is characteristic of plants and the things called inanimate, while the higher animals are conscious of their needs and pursue (as they know how) the objects of their desires. Man can only rightly aspire to that of which he has some knowledge, or the knowledge (as will be gradually revealed to you through Mentalphysics) which will give definiteness and light to the mysterious impulse that presses him upward and onward towards things higher than any he now knows. A knowledge of how your Imagination, the great wonder-worker, works for you, will enable you to train it.

#### (a) *What Is Old Age?*

● In this Lesson I again emphasize the need of your gaining an unshakeable belief that you have the power to live as long as you desire. Once flood your consciousness with this great central idea, and you will have gone far toward not only gaining a practical working method for rejuvenation, but *all* negation will at the same time be uprooted from your mind. The very meaning of these words will change for you as you practice, and in a month or two, the idea of "age" will have disappeared. You and I have much to do. *We are the progenitors of the New Age, we are the builders of the New City, we are the leaders of the New Race . . . well, then, we must never be hampered by a consciousness that thinks age, and we are never to entertain the idea that we shall die in the midst of the work that we like to do and which we feel that we have to carry out.*

● But we must not deceive ourselves. I declare to you that **THERE IS NO OLD AGE . . . THERE IS NO SUCH THING AS OLD AGE**. Not having thought of it in this way, you may retort, "Why, what do you mean? No old age? I myself am forty, fifty—how can you possibly say that there is no old age?" Yet I repeat that there is no such thing as old age. If you doubt this assertion, take a day off tomorrow and go to any library, and try to find out what old age is. All that you will be able to find is that which is **CALLED OLD AGE** is only a **CHEMICAL CHANGE** in the body, a change in the perfect chemistry of the body, brought on by wrong diet, wrong habits of many kinds—breathing, walking, standing, sitting, resting, feeling, thinking. Old age is a chemical change. *And it can be avoided. We are on our way to learn how to avoid it.*

## BREATH No. 2: THE REVITALIZING BREATH

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(Commence with two breaths; increase gradually to seven breaths.)

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Stand or sit erect, and see that the spine is straight.

- (a) First breathe through the nostrils, inhaling steadily but not too slowly. Commence breathing down deep in the abdomen (as in singing), filling the lower part of the lungs, then the middle part, then the upper part. You will find that if you inhale properly the abdomen will be drawn in slightly.
- (b) Retain the breath for about thirty seconds.
- (c) *Now, exhale vigorously.* The chest must not be changed—hold it firm. As the breath escapes, draw in the abdomen tightly and lift it upwards, the lips being placed as if you were going to whistle. Let out every bit of air, pressing the abdomen in.
- (d) Then inhale and relax chest and the whole body, breathing in and out as rhythmically as possible until ready for the next exercise, repeating mentally your own spiritual affirmations for this Breath.

(In Tibet this is called “The Complete Breath,” and forms the basis for the intricate system of breathing which has for centuries been such a complicated science among the Yogis.)

### WATCH ILLUSTRATIONS

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#### *Spiritual Work*

### BREATH No. 2: RELAXATION EXERCISE

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*“Now we relax entirely . . . coming right down . . . relaxing . . . relaxing entirely—as we think of the inner, hidden meaning of these sublimely simple words:*

*I AM WHOLE . . . Whole. Nothing is lacking — nothing can be added . . . I am whole!*

*I AM PERFECT.*

*I AM STRONG.*

*I AM POWERFUL . . . Full of power! Every cell in my body is a complete power plant, working for me . . . I am Power full!*

*I AM LOVING.*

*I AM HARMONIOUS . . . I am in harmony with the Laws — the Eternal, Enduring, Immutable, Everlasting LAWS of this Universe.*

*I AM RICH.*

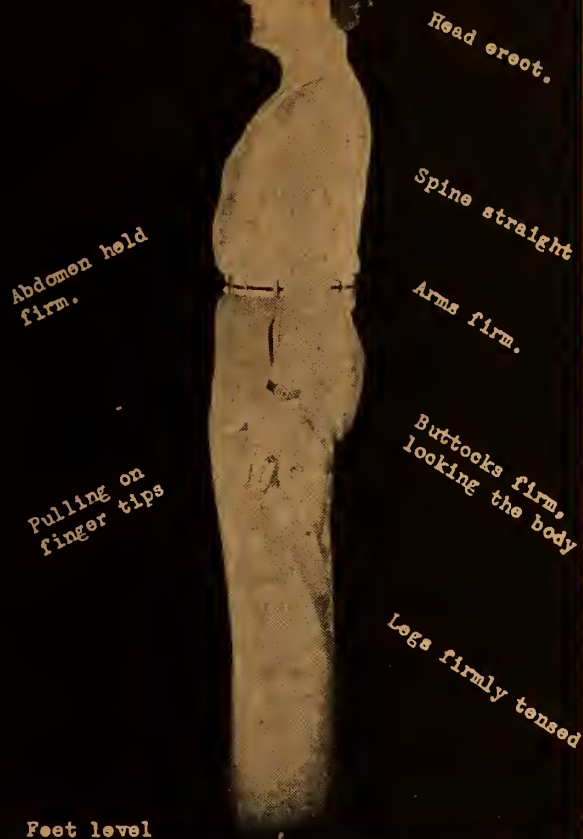
*I AM YOUNG—and now that liquid, liquid feeling in the body . . . as if innumerable streams of living light are coursing downward in the body.*

*I AM HAPPY. I look happy—I feel happy—I AM happy.*

*“Now, giving thanks—feeling happy, I take a little breath and a long, deep, weeping, weeping sigh. . . Now I take another little breath, and a quick sigh.”*



# FIRST POSITION



# SECOND POSITION

## REMARKS ON REVITALIZING BREATH

You must remember that this Breath—the "Complete" Breath—is a key breath. Great care must be taken in acquiring the correct posture, for all breathings that you ever will be able to learn in non-action of the body are based on this Revitalizing Breath.

In other words, this is the key breath for all breaths in non-action, as the Memory - Developing Breath is the key breath for all breathings in action. Remember, then, it is a basic breath.

Full point of inhalation (Fill every air space -- no strain.

Hands and arms ten  
Buttocks locke

## BREATH No. 2—REVITALIZING [COMPLETE] BREATH

Absolute straightness of the body is desirable in this Breath. Pull the body up to its full stature, a definitely positive feeling, glorying in that "Temple of the Living God," the body.

# THIRD POSITION



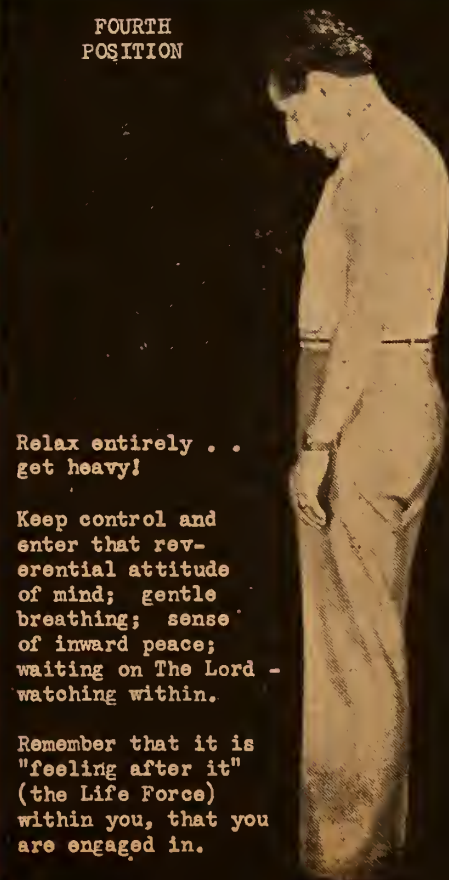
Watch the illustrations and be sure of

1. The Feet
2. The Knees
3. The Buttocks
4. The Neck
5. The Fingertips
6. The Abdomen
7. The Spine

Above everything, do not strain and be sure in exhalation that the chest does not drop, but that the abdomen does the work . . . pulling the abdomen in and up as you exhale.

With the Memory-Developing and the Revitalizing Breaths firmly rooted in the mind, through practice, you will be ready for all subsequent breaths in later lessons.

# FOURTH POSITION



Relax entirely . . . get heavy!

Keep control and enter that reverential attitude of mind; gentle breathing; sense of inward peace; waiting on The Lord - watching within.

Remember that it is "feeling after it" (the Life Force) within you, that you are engaged in.

## *(b) Instances of Extreme Old Age.*

● When you have read thus far, rest and think . . . quietly, restfully, still. Think of this truth, and try to imagine The Indwelling Wisdom of you telling you that you are Immortal. Try to hear the Inherent Knowledge within you speaking to you, telling you that you ARE IMMORTAL. Be still, more still than you have been in your whole life, and try to listen for your answer.

THEN CONSIDER THE FOLLOWING . . .

In Asia there are men living today who have reached a great age. Now, I know that this is often denied, and even in some scientific circles in the Western world, it is claimed that no man can live much beyond a hundred. But this writer has seen these men—or some of them. My own Master, from whom I received much of the knowledge that comes to you through these Documentary Lessons in Mentalphysics, was 152 years of age; he had not lost a tooth, he had not a grey hair, his face was unlined and serene, and he had a body like steel. Among the philosophers of the Orient, particularly in Tibet, where this writer lived for many months in a Tibetan temple, men make it their duty to remain young and full of vigor and power, from boyhood embracing a system so intricate and arduous that it seems impossible for them to grow "old." Their systems are not for us in the Western world, however, unless we are prepared to give up everything for a period of some years and do nothing else. Hatha Yoga practices are possible for us in the Western world, but what you are learning in your Scientific and Spiritual Breachings will teach you more in three months than you would learn in Tibet or India in three years.

The few Americans and Europeans who have been privileged to meet these men who have conquered "age" in Asia, most of them living in the Himalayas, either are so skeptical as to refuse to accept official records of their age as conclusive evidence or are so overwhelmed as frankly to admit that they cannot understand how it is done.

● But we leave Asia and turn to Western countries. Carefully read the following:

The average duration of human life has grown very considerably during the last 100 years. I believe that it is something like 45 years now. Well, then, why should it not go to 100 in the next century as the average? The allotted span, according to accepted ideas, is 70,—**"three score years and ten."** WHO OR WHAT MADE THIS LIMIT FOR YOU OR FOR ME? I am certain that I did not—did you?

A gravestone in Wales bears this inscription: "Annie David, who died November 14th, 1851, aged 181." In her 110th year she is reported to have married a stripling of under 30 years. . . . There are numerous cases of extreme old age, and you could easily string up an authentic list a yard long in an hour in a library—Margaret Potterhill 136, Lady Desmond said to have been 145, John Bovin 154, Peter Torton 186, among others; and the number of people who, without knowing in the slightest about the ART of living, have passed the century mark, is very large.

● Now, as you may possibly be on the brink of discovering knowledge that you have not so far gained, I invite you humbly to THINK—to think humbly about this matter. The people I have been quoting are just men—just like you and me.

## *(c) Married at 120.*

● Listen to this:

The most quoted instance of old age is that of "Old Tom Parr," who was born in Shropshire (at Warrington), England—he died in London in 1635, in his 152nd year. At the age of 120 he married a second time and continued to work for 12 years, when his sight began to fail him. At the age of 141 his fame spread to the Royal Court. He was the object of curiosity and of the King's indulgence. A year later he succumbed. The Royal kitchen had been too much for him, but the AUTOPSY PROVIDED NO TRACE OF SENILE DECAY. It is more than likely that had he continued to live upon the simple food then the custom in rural England, and stayed with his old habits, he might have lived years longer.

● The point I wish to make here is that in the case of good old Tom Parr, the "limit" was more than doubled. That the limit was not the limit of Nature is obvious, for had he continued with no alteration of diet and habit and thought, he might have gone on merrily for a long time. Still, he lived till he was 152—but WHY 152? Other men have lived longer. Who set their limit? Therefore, ask yourself—let these sheets fall into your lap—close your eyes and dream—"Why 152?" If 152, why not 162, 172, 182—why any limit?



#### *(d) There is No Limit—Man is the Master.*

● The fact that old Tom Parr, just a rural rustic with no knowledge of what you are learning, lived for 152 years, proves that a million other men can do likewise. It only needs ONE man to do anything to prove that that thing is possible to millions of others, *when they know the way*. Therefore, what is the limit? WHY ANY LIMIT? In further lessons it will be seen how this limit is fixed.

● BUT FOR YOU, GET THE CONVICTION IN THE MIND THAT IF PARR AND TORTON AND THOSE OTHERS COULD DO IT — THEN SO CAN I ! ! ! BE EMPHATIC. SAY IT TO YOURSELF A HUNDRED TIMES A DAY—"YES I, I CAN DO IT." UNTIL THE CONVICTION CAPTURES THE MIND, THE IMAGINATION, WE SHALL REMAIN SUCH STUFF AS DREAMS ARE MADE OF, AND OUR LITTLE LIFE ROUNDED BY A SLEEP.

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● You must begin to develop the power of Visualization. This means that *you must create for yourself pictures in the mind of those conditions which you wish to realize*. The Imagination is the CREATIVE FACULTY, that is, the wonderful instrument with which we all work, whether we know it or not. You must also know that *Thought is an immeasurable force, and you are using it for good or ill every moment that you live*. We cannot SEE thought, *but we know that we think*. Thought creates images just as real as you might when you take, say, some lumber to make a shelf for your kitchen. There are men who have actually seen the forms that Thought creates. We have not gone far enough yet to develop this power, but are on our way. This is to be our first exercise.

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#### **NEW EXERCISE FOR VISUALIZATION**

● *Practice this when you have completely read through your Lessons each evening:* Now when you are in a state of perfect peace, make a slight effort of the will, without any strain, that you are to **CREATE THE NEW PHYSICAL YOU**. Sit calmly, with the eyes gently closed, the eyes slightly raised, as if you were looking upward to your forehead. Be very still, so still that you do not move at all for a long time. Then mentally state that you are about to form a picture of your Perfect Wondrous Self. *Will that this picture shall come before your eyes. Then wait and watch, perfectly still.* Don't strain. Soon you will see just a little removed from the front of your eyes a picture being painted for you, so to speak. There it comes. "I see that beautiful head—thick healthy hair, perfect features, a face unlined and happy, the eyes bright. I see a strong neck, a full chest, strong arms and hands. I see MY PERFECT SELF before me, powerful and strong . . . and harmonious in every muscle." . . . *Mentally go down through your body, and note the beauty, the strength, the youth, the very glory of life within.*

● *Then imagine a Great Light around your Perfect Self pictured before your Mind.* You are bathed in light. Perhaps the light will be so strong as to seem to blind your physical vision. Hold it! Then—still, VERY still—bring that picture nearer. Say mentally to yourself that it is coming nearer to you. Watch it. Bring it so near that you can see every part of your beautiful body. Then bring it still nearer, nearer, nearer, and finally let the light sweep down through you as the picture is lost in the absorption of your mind. The light will bathe you from head to foot. Affirm that that Perfect Self has now been unfolded to you, and visualize the truth of this statement in your body.

● *You should feel a deep peace within, and when you come out of your Meditation you should be bathed in light and happiness, for the work that you have done is now going on in your own body, leading on to Perfection in every detail.* A week of this exercise, if you can induce the state of abstraction and perfect stillness, should enable you to witness considerable advance towards improved physical condition.

#### **ADD TO YOUR MEDITATIONS—AFFIRMATION:**

- |                   |                      |                 |
|-------------------|----------------------|-----------------|
| (a) I AM WHOLE.   | (d) I AM POWERFUL.   | (g) I AM RICH.  |
| (b) I AM PERFECT. | (e) I AM LOVING.     | (h) I AM YOUNG. |
| (c) I AM STRONG.  | (f) I AM HARMONIOUS. | (i) I AM HAPPY. |



NOTE: It is not necessary for you now to know exactly what you are doing when you undertake this exercise. You, however, will be able soon to see the good result. Rest assured that in due course the explanation of the work you are starting will all be scientifically given to you. In a word, one may say now that in this exercise you are bringing into perfect rhythm all the forces of your body, bringing them all into one direction so to speak, just as in the light of the electric bulb all the molecules are magnetized to flow in one direction, and so we get the light. But we do not need to hamper our progress at the moment by technical explanations. We are interested in results.

● (a) *I AM WHOLE*—In a state of relaxation, with the mind crystally clear, think of the word "Whole." Into the mind there will come doubtless a sensation of roundness—you will think outwards from the mind, so to speak, and the more you concentrate the more you will sense this ever-enlarging roundness. *FEEL this sensation of roundness and wholeness—lose yourself within it, so that thought, as thought, ceases, and you FEEL YOURSELF IN THIS BLISSFUL STATE OF WHOLENESS.*

● (b) *I AM PERFECT*—When you are thinking of the word "Perfect" the sensation in the mind is different from that when you are thinking of "Whole." Notice the difference in your meditation. Whatever the *FEELING* that contemplation of the word brings, *register* the feeling, so that you will be able to bring back the *FEELING* at any time that you so desire.

● (c) *I AM STRONG*—You will get my meaning a little more clearly by illustration: When this writer was in the Far East, as a geographer, with illness and accidents and disease dogging his footsteps all the time, he once found himself so ill that he could not get back his strength. My old Master told me to wait and watch what came into the mind when thinking of "STRENGTH." So I sat and meditated, and soon there came a movement at the left side of my head, in what seemed to be the left side of the arena of my mind; then I saw movement—I watched—then this picture: Down the hill I saw a movement in the long pampas grass—the moon high overhead—then the movement came nearer—then from out the long pampas grass I saw an ELEPHANT come along, with a man riding on his head; then the elephant (which is after these many years MY elephant, because I can bring him back into my mind any time) passed in front of my mind over into the positive side (the right side), and began piling teak wood, as I have seen it done in Burmah and India many times. Thus I derived my idea of STRENGTH. . . . Get your own symbol.

● (d) *I AM POWERFUL*—The same thing here. Feel what power is, and then wait for the symbol to enter the mind which you can use at any time thereafter. My own symbol of "POWER" is Niagara. It came to me immediately I saw Niagara for the first time.

● (e) *I AM LOVING*—Think of love, of its changelessness, of its essence in whatever form it may be presented to your mind. See whether you understand what "The Love of God" truly means.

● (f) *I AM HARMONIOUS*—Think of Harmony, Rhythm, Balance, Equilibrium, POISE—of the whole Universe. Think of it in the *Order* of the Universe. But you must not let it rest only in the MIND—it must pass out of the mind into the FEELINGS, and the FEELING must be so deeply registered that it is yours to do whatever you like with at any time.

● (g) *I AM RICH*—Think of the unfailing SUPPLY of the Universe. You ARE rich, but if in this meditation it does not come to you as clearly and as positively as you would like you may be advised to write to The Institute for a Lesson which is devoted entirely to the ever-present question of Supply.

● (h) *I AM YOUNG*—Imagine that the body is wholly liquid, as if it is in a liquid state from head to foot. Imagine that thousands of innumerable streams of living light are flowing DOWNWARDS, so clearly can you see them—*because you are so still*—that you FEEL this stream of light flowing all down through you, not missing one cell in the body.

● (i) *I AM HAPPY*—If we understand the *INNER* meaning, the *HIDDEN* meaning of these words, there is nothing else to learn. Imagine that you are looking UPWARDS to the top of the head, as if you are concentrating, and so forcing your own thoughts up through the top of your head. Then, thoroughly relax the mind, as you have the body, and imagine that every cell in the body is being charged with JOY, which is the vital fluid that propels the forces of the very Universe.

(As you are engaged in this meditation, watch the change in the FEELING of the body, the emotional side of yourself, that a contemplation of the different words conveys.)

NOTE: The best way for you to study is to take your NEW lesson *every* night; read it, re-read it and study it. Then go back to the Lesson of the previous week, and *read the two together*; then go into Meditation.

PEACE BE UNTO YOU—END OF LESSON THREE

*Written in Faith by Edwin J. Dingle  
Los Angeles 4, California*



# The Institute of Mentalphysics—

(First Church of Mystic Christianity)

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## INITIATE GROUP

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## YOUR FOURTH LESSON

(Fourth Week)

**NOTE ON MEDITATION.**—It is hoped that you are faithfully carrying out your Meditations. If you are, by this time you should be able to see some results—you should be happier, there should be a feeling of well-being. You should more easily be able to go into a state of abstraction. Remember that this is for YOU to do. Nobody else can do it for you. If you faithfully and reverently go into Meditation each day, you may be ASSURED of success later on.

**NOTE ON THE SEVENFOLD POSITION.**—If the position in which you sit is not comfortable—for example, if you feel a "pins-and-needle" sensation in the legs, experiment by moving the legs; if you have the right leg over the left, try the left over the right; try a cushion under the ankles. In other words, find out what is the best position for your comfort, because until you are able to get into a position of comfort you will not be able to make much progress. But the "tailor-squat" position is the best—it is what in Mentalphysics we call The Sevenfold Position, the position in which we place the body (which is the instrument of receptivity of the Universal Force) so that it can readily receive the sevenfold current of the universe. You will learn more of that later on.

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### "THE HOLY OF HOLIES"—FIRST PART

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● I am to assume that you are by this time thoroughly convinced that you are taking up The Quest—that you are SURE that you have found what you are seeking, and that, if you will do your part in working to discover that Knowledge which is Power, it will all be made known to you. My Beloved, be of good cheer. If you feel that you are not "making the progress" that you would like to make, rest and be happy. We are all alike. We all gain what is truly ours to gain. It may take a little longer with you than with others, but it will come—as you persevere—and are happy.

● Each evening read over ALL the Lessons thoughtfully before going into The Silence. Read and re-read, for each time that you do so new ideas will come into the Mind, for the Universal Spirit within you is constantly instructing you. Do not get discouraged. Be STRONG. Declare that you are strong. Knowledge and Light will come quickly or less quickly, BUT IT WILL COME TO YOU. PRACTICE CALMNESS—think calmness all the day. SPEAK aloud to yourself, thus: "I AM CALM, Calm, Calm, Calm . . . I am at Peace." And Be Happy. Practise calmness in your speech—a calmness that embodies conviction and control. Let every word that you utter be a perfect container, so to speak, of your Thought. LIVE what you are learning, and later on you will see the importance of all these little apparently trivial things when you learn about your TRUE NATURE.

● DO NOT, IN THESE FIRST LESSONS, NO MATTER WHAT YOU MAY BELIEVE YOU KNOW, THINK FOR A SINGLE MOMENT THAT THIS SIMPLE NARRATION OF ESSENTIAL FACTS IS NOT NECESSARY. IT IS NECESSARY! FOR WE ARE PUTTING IN THE FOUNDATIONS. Be Humble in mind, and true knowledge will come all the more quickly.

#### (a) The Universe and All Things Within It.

● This Documentary Lesson, "The Holy of Holies," is the most important treatise on Truth that you have ever read in your life. But, as you merely READ, what is embodied



here may strike you as quite elementary truth. You may say, "Oh, yes, I have heard of that before. I fancy that I have read this." Yet in Oriental schools, the truth embodied in the words in these pages is given to the student only as a FINAL INITIATION, and then only after an arduous probation.

- The teaching of TRUTH—everything that you will learn in Mentalphysics—depends upon a proper REALIZATION of this wondrous Truth disclosed to you here and its Correct Understanding. Therefore, in Mentalphysics we do not gradually lead up to it. We use it as a starting point, for we feel that every student who is attracted to our work is so earnest a seeker of the Truth of Life that he will be ready for this transcendental knowledge to be vouchsafed to him.

- *But you must be ready.* The fact that these sheets are now in your hand is proof that you ARE ready. *And you must be humble in spirit.*

- You are asked again to drop for the time being all that you have learned and which you have not TESTED in the acid test of your own experience. The conception of the Truth of Living Continuously, for example, is so contrary to accepted thought (wrong in many cases) . . . and the same applies to much that you will learn in Mentalphysics . . . that there is no room in the Mind for the two conflicting ideas. From the standpoint of the RACE belief, it is impossible to receive the new Truth; but from the new line of thought and action in life that you are developing for yourself, it becomes more and more clear as we proceed.

- And as we saw in a previous Lesson, THERE MUST BE NO CONFLICT OF THOUGHT.

NOTE.—For purposes of these Lessons, because the Word "GOD" brings into the minds of most people a more or less strong delineation of a Man Deity, a strong anthropomorphic idea, we shall not use the word to denote the Supreme Power, but shall speak of The Creator, the Creative Spirit, the Infinite Wisdom, and so on. The student will the better be able to grip the underlying thought in the Science of Mentalphysics if he endeavors to dissociate from his mind the traditional anthropomorphic Deity. It is not easy. Every person who has been brought up in Church—no matter what Church—has had deeply embedded in his consciousness of "GOD" as being something, some person, some force, some being, up in "Heaven" . . . and this idea is very hard to eradicate from the Mind.

### *(b) Nature's Infinite Power.*

- Now, my Beloved, when you have read thus far, rest a moment or two. Feel that you are happy, so very happy, and peaceful, and still, and reverent. *You Give Thanks for your Life, for your power to think.*

- If you have a garden, go into your garden tomorrow morning—or into the park—or *imagine* that you are there. You sit and rest. You look about you. You look at the trees, the grass, the flowers. You are SILENT within, as you serenely contemplate the serenity of Nature.

- *A Creativeness Everywhere.*—You see, as you have probably never noticed before, a CREATIVENESS everywhere. This Creativeness is *always at work*. It is never-ceasing in its activity. *It knows its work absolutely.* This is very simple to see, is it not? Now, think about it. Isolate something—let your mind rest upon it—see whether you can see *WHY* it is what it is, and *WHY* it is doing what it does.

- *A Simple Illustration.*—Consider *any* living thing—say, an apple tree. Do you not see that the apple tree knows how to make apples, and that the apple tree is the only thing that knows how and can make an apple—and that it is universal with all apple trees. Apple trees are the only things that can make apples. An oyster: Do you not see that the oyster knows exactly how and where to build its shell and make the pearl—Man can imitate but he cannot make a pearl. This writer has many times in Japan been deceived by thinking that artificial pearls were real pearls; man can come very near, but he cannot do what the oyster can do. THE CREATIVE SPIRIT WITHIN THE OYSTER KNOWS.



● It is the same with everything in life, is it not—with the apple tree, the oyster, a poppy, a man—*everything*. A human being is the only thing that can make a human being. Every living thing is the only thing that has the power to reproduce itself and continue the Stream of Life that flows everywhere through the Universe.

**THE CREATIVE SPIRIT WITHIN THE ACORN KNOWS EXACTLY  
HOW TO MAKE THE GIANT OAK TREE,**

● *What Is This Creativeness?*—Now, as we look at this Creativeness, this Creative Spirit, we are compelled to see *three things*:

FIRST—That *IT IS INTELLIGENT* . . . Wise, because IT KNOWS HOW.

SECOND—That *IT IS EVERYWHERE PRESENT* . . . You cannot imagine it not being everywhere.

THIRD—That *IT HAS THE POWER TO DO ALL THINGS* . . . To make the apple, to make the oyster, to make the oak, to make the human being, to make *ALL THINGS WHATEVER IN THE UNIVERSE*.

NOTE.—Perhaps you have never thought of life like this before. I confess that I had not until, in far away Tibet many years ago, it was brought to my attention somewhat in this way. Do not hurry over this page. Go back over it. Spend some time just reading and re-reading and thinking on these essentially simple truths of all life in the Universe. We may think a long time, or we may think a short while about all this, but no matter what else may come to our minds we shall have to admit that these *three words* emerge:

Omniscience . . . the faculty of knowing everything; knowledge unbounded, infinite.

Omnipresence . . . present in all places at one and the same time.

Omnipotence . . . unlimited or infinite power, almighty power, all power.

We see, then, that these three—Omniscience, Omnipresence and Omnipotence—are everywhere in the Universe. There is not a single embodiment of life in which they are not existent.

OMNISCIENCE

(all knowledge—all of it)

OMNIPRESENCE

(all presence—everywhere)

and

OMNIPOTENCE

(All power—unlimited and infinite)

These three comprise a

TRIUNE ACTIVITY . . . which is . . . THE ORIGIN OF ALL THINGS.

● This beautiful truth is placed before you here as simply as possible. It could be presented to you in much more learned phraseology. But in many words we find confusion. Think upon what is in this Lesson. Get your OWN ideas about it. If you can, FEEL the truth. If you cannot FEEL it, reason it out for yourself. You will find that you will be compelled to come to the same glorious conclusion.

*(c) We Have Found God.*

● Do not go on reading here until you have thoroughly made up your mind that what has so far appeared in this Lesson is Truth, and that you can unreservedly accept it as truth . . . or, at all events, that you feel you would like to know it as the Truth of Your Own Life.

● Rest a little. Be Happy. Can you feel something within you that is stirred? Can you feel that your imagination is at work, for you may not have thought about this Creativeness, that is Universal, in this way before? Does the contemplation of what you have read make you feel happier? If so, read on.

● FOR YOU WILL SEE THAT THE GOD THAT WE HAVE ALWAYS VISUALIZED, WHETHER AS A BEING UP ABOVE IN SOME NEBULOUS PLACE CALLED HEAVEN, OR IN ANY OTHER MANNER, IS REALLY

THE CREATIVE PRINCIPLE EVERYWHERE EQUALLY PRESENT  
AND IT CAN BE KNOWN AS INTIMATELY AS A FATHER KNOWS HIS SON.

● *Universe and God Not Separate.*—We shall then come to see that the Universe and God are not separate. Also that Created Man and the Creator are NOT DETACHED. "GOD is IN man and Man is IN God for evermore." *THEY ARE NOT SEPARATE ENTITIES.* That which we call God—that which we have many names for—is WITHIN YOU, my Beloved. God, the Creative Spirit, the Infinite Wisdom, Jehovah, the First Cause, the Supreme Architect, Parabrahm, the Father in Heaven . . . *THE ONE* . . . Omniscience, Omnipresence, Omnipotence . . . is WITHIN YOU . . . "Seek ye FIRST the Kingdom."

● Let the Light of this tremendous Truth FLOOD YOUR MIND. . . . Be happy and give thanks—you are very near to realization of Absolute Truth. . . . FEEL that this is true. Close your eyes and FEEL it within you. . . . *You will see* that you have discovered the very basic fact of ALL existence. To know it thoroughly is to have solved the Riddle of the Universe.

*You will see* that, in discovering this basic fact of All existence, you have discovered the greatest thing that any man can know, for KNOWING IT PERFECTLY, all things are possible to you.

*You will see* that, as you contemplate this profound Truth, you are leading yourself into the Mystery of Mysteries, the Holy of Holies.

IT IS AT ONCE THE GREATEST TRUTH THAT CAN BE TAUGHT BY ANY  
TEACHER OR LEARNED BY ANY STUDENT.

SOME INITIATES, BY A SUDDEN FLASH OF INTUITION, WILL SEE AND  
REALIZE THIS PROFOUND TRUTH IN A MOMENT. Others MAY HAVE  
TO TOIL AND WAIT FOR ITS REALIZATION.

But, Mark This Well:

UNLESS IT COMES TO YOU INTUITIONALLY, CLEAR THROUGH TO  
YOUR CONSCIOUSNESS BY THE LIGHT OF YOUR OWN DIVINE IN-  
TUITION, THERE IS ONLY ONE WAY TO GET IT . . . THAT IS BY  
MEDITATION.

*(d) You and The Universe.*

● If you cannot fully realize this truth so that you feel you are on fire with the joy that it brings, contemplate it in another way—in a more intellectual way.

<i>Question.</i>	<i>Answer.</i>
Are you or are you not a part of the Universe?.....	Yes, I am.
Can the Universe be complete without all its parts?.....	No; it cannot.
Therefore, without you, can it be complete?.....	No.
Therefore, its completeness literally depends on you?.....	Certainly; literally.
Therefore, without you it cannot exist in completeness?.....	No.

● Then, you can say in all truth—

BECAUSE OF THIS, I STAND TO THE UNIVERSE AS A CENTER DOES TO  
A CIRCLE. IN THIS CASE, I AM THE CENTER—the Circumference is Everywhere.  
WITHOUT A CENTER NO CIRCUMFERENCE CAN EXIST.

PEACE BE UNTO YOU—END OF FOURTH LESSON

*Written in Faith by Edwin J. Dingle,  
Los Angeles 4, California, U.S.A.*





# The Institute of Mentalphysics—

(First Church of Mystic Christianity)

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## INITIATE GROUP

Issued from the Office of The Preceptor Emeritus of The Institute of Mentalphysics,  
Los Angeles 4, California, U.S.A.

## YOUR FIFTH LESSON

(Fifth Week)

*(It is to be hoped that you are gaining benefit from your Meditations. You are counseled to persevere with your Meditational work, for that is of the very greatest importance to you at this stage of your study. I am assuming that your Breathings are being regularly undertaken every morning; it doubtless is obvious to you that this procedure must be very rigidly adhered to. You should spend at least a half hour in Breathings, and each week should see you the master of all your Breaths.)*

### **"THE HOLY OF HOLIES"—SECOND PART**

● Turn back to your last Lesson and read again the series of questions—from "(d) You and The Universe." I trust that this has been fully comprehended by you. If so, let us proceed.

● Going back over what you have already read and learned, we see that the Creator is First—ALL THE KNOWLEDGE THERE IS (Omniscience).

Second—ALL THE PRESENCE THERE IS (Omnipresence).

Third—ALL THE POWER (FORCE) THERE IS (Omnipotence).

● As nothing can exist outside of the "ALL," we arrive quite logically, do we not, at the wonderful knowledge that

**"THE CREATOR IS ALL THAT THERE IS."**

● Carry the idea one step further, remembering what you have learned, and you can truthfully affirm:

***"SINCE THE CREATOR IS ALL THAT THERE IS, SINCE I AM THE CENTER AND THE CIRCUMFERENCE IS EVERYWHERE, I AM THE CREATOR DIFFERENTIATED INTO THE HUMAN FORM."***

● Carry the idea another step, and we arrive at the most stupendous truth that can ever be known, since all human knowing is in some way derived from it. You can now truthfully affirm:

**"Therefore, WHATEVER THE CREATOR IS, I AM."**

NOTE.—Be very reverent about this. Read it carefully and in deep silence. Let this grand truth LIVE with you. ACT THE PART. Do not be proud—by pride angels fell. BE GRATEFUL—Give Thanks. Praise the wondrous Spirit within you for the revelation.

### ***(a) The Substance of Thought—The Chemistry of Life.***

● There are many ways through which this great truth will come into the Mind, but it is best for you to think about it personally, and then figure it all out in the way that is natural and best for you to do so.

● According to your power to THINK will the information contained in this and your last Lesson appeal to you. IF YOU HAVE LITTLE FORCE OF THOUGHT, LITTLE POWER TO THINK, THE BEAUTIFUL TRUTHS WILL PROBABLY PASS YOU BY, BUT IF YOU ARE INTUITIVE ENOUGH TO SENSE THE VERY "PRESENCE OF GOD" IN THESE LESSONS YOUR OWN THOUGHT WILL LEAD YOU ON.



## BREATH No. 3: THE INSPIRATIONAL BREATH

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(Commence with two breaths; increase gradually to seven breaths.)

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Stand or sit erect, and see that the spine is straight.

- (a) Inhale a Complete Breath. Be rigid. Buttocks tight. Feet firm on the ground.
- (b) Raise the arms (rigid) slowly until the hands touch above the head, palms outwards, with the thumbs crossed and the forefinger tips touching. See that you are rigid, and that you are reaching as high as possible, but without disturbance to your feet. Not "tip-toeing." Backs of hands touching.
- (c) Retain the breath a *few* seconds—two or three.
- (d) Now lower the hands to 45 degrees from the shoulders, exhaling a little air vigorously through your puckered lips. Then lower your arms level with your shoulders, and vigorously exhale a little more. Then lower again a little, and let out more breath, but with the chest as firm as a rock all the time. Then lower to the sides and thoroughly empty the lungs, pressing in hard with the abdomen. Remember—*Buttocks firm.*
- (e) Inhale and relax, repeating mentally your own spiritual affirmations for this Breath.

### WATCH ILLUSTRATIONS

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#### *Spiritual Work*

### BREATH No. 3: RELAXATION EXERCISE

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*"Now we relax entirely . . . coming right down . . . relaxing the whole body—*

*"I THANK THEE, LORD, for My Body—I thank Thee, LAW . . . the Eternal, Everlasting, Unchangeable, Changeless, Immutable LAW of my Being . . . for My Body! . . ."*

*"MY BODY—the Transcendently Beautiful, the Infinitely Intricate, and the Most Gloriously Accurate Instrument in this Universe.*

*"MY BODY—The Temple, the Temple of the Living God, the Temple of the God That Lives Within Me—that is alive within me.*

*"I stand in reverence before the Wisdom pent up in the very substance of My Body . . . and I pledge myself, I VOW, that from this moment henceforward nothing that I shall do, or say, or think, shall injure or abuse this Temple of the Living God, My Body!*

*"And now, feeling happy, giving thanks, I take a little breath and a long, deep, sleeping, sleeping sigh . . . and now I take another little breath, and a quick sigh."*

FIRST POSITION

Perfectly erect posture.



Be sure spine is straight.

Watch balanced feeling in both legs.

SECOND POSITION

Do not move your head.

Do not raise shoulders.

Watch that both arms are raised equally

Do not relax buttocks.



THIRD POSITION

Arms quite straight. Fingers and thumbs looked as instructed below.

To even stand erect like this is a glorious exercise. Body is filled with breath. Do not let any out.



FIRST POSITION

Correct Position: Feet level, ankles firm, calves tight, knees snapped back, thighs firm, buttocks firm (most important), spine straight, pulling on fingertips, head erect—a balanced tenseness.

SECOND POSITION

Inhale slowly, drawing arms upward. Do not move position of hands. Arms rigid. No movement at neck. Head erect. Bring arms gradually up to third position, being full of air when at top. (See illustration.)

THIRD POSITION

Right thumb under left thumb, two forefingers touching, backs of hands together. Body held at full height, retaining breath. Arms not bent, but straight and strong. Sure that there is no movement of the head.

## BREATH No. 3—INSPIRATIONAL [TRIANGLE] BREATH

It is important to watch the illustrations to note procedure of breathing. With the first position established, follow out the various movements, but practice a few times without full breathing.

FOURTH POSITION

As arms are brought down, feel that there is great pressure under the hands.

Shoulders not raised

Be sure of buttocks.

Legs firm.



FIFTH POSITION

A wonderful posture, if properly undertaken. In every movement, let the buttocks be so strong that they form a look to the whole body.



SIXTH POSITION

SIXTH POSITION

Back to original position, to prepare for Relaxation, as shown in the last picture—watch what you feel.



SEVENTH POSITION

RELAXATION—Take the Affirmation and FEEL within yourself, not merely intellectually following the words alone.



FOURTH POSITION

Come down to 45 deg., as in illustration. Hold body firm, letting out a little breath forcefully. Repeat three times, with short pause after you exhale. When fourth little breath is gone through, the body should be empty of air.

FIFTH POSITION

This illustration shows the body in the form of the cross. During this downward movement, the body should be perfectly balanced. This "fifth position" is not a definite position, but illustrates the downward movement a little more clearly.



● You see, all that we are doing is to find out what Life is, what the Origin of Life is, and what the Continuation of Life is—what it is that causes it all. We may think in this way: I can see that there is One Organizing Center of Life, and all comes from it, everything in the Three Kingdoms—mineral, vegetable, animal. It is easy to see that every living thing lives by its *breath*. I do, *YOU do*. You can see that your Breath IS your life. If we understand our breath, then, we shall understand ourselves.

● You can see, also, that the atmosphere in which we all live and move and have our being is *chemical activity*—or CHEMICAL SUBSTANCE. You can see that every part of this substance contains within itself some degree of intelligence; you can see, moreover (bearing in mind what you have learned last week and this week), that that *Intelligence* is what the world calls GOD. *This Chemical Substance is indestructible.*

#### REASON LIKE THIS:

*The air* (you will call it Prana, and you now have your idea of Prana) is *invisible*—cannot be touched, seen, handled, tasted; yet it is THE one substance which every living thing in the Universe is dependent upon. "For in Him we live, and move, and have our being," etc. (Acts 17:28).

"He," "God," that in which we live and move and have our being, is *Chemical Substance*. Therefore, you are a chemical thing, and your life activity is *chemistry in action*. God is LOVE, you say . . . Love, the "greatest thing in the world." Just as every living thing is bound together indissolubly with Breath, which is Life, so, then, is every living thing bound together with LOVE—for God (All That There Is) is Love. Love, then, is the chemical substance upon which every living thing is dependent for LIFE ITSELF. Love IS Life. *Love is Intelligence also*—you can see that—and should never descend lower than its highest ideals. If so, it annihilates itself.

So one could go on writing like this, taking *every* substance he cares to think about, and trace it to One Common Source.

THOUGHT—Thought is invisible, intangible, cannot be seen or touched, tasted or handled, but Thought is chemical in its nature, for the influence of a thought produces an effect which corresponds exactly to the chemical nature of the thought itself.

● GOD—The CREATOR—LOVE—LIFE—THOUGHT . . . is Chemical substance. There is but One Substance: every different separate part of it, in all its endless manifestations and embodiments, visible and invisible, comes from it. And whether it be the foods and the water we eat and drink, the thoughts that we think; all organic and inorganic substances; that which the scientist calls electrons, or matter . . . there is but ONE SUBSTANCE, out of which *everything* is created, and from which everything *sustains its life*.

● THOUGHT is chemistry, and all that we can know will be made known to us through the chemistry of THOUGHT. "As a man thinketh in his heart, so is he."

#### (b) More About Mind Substance.

● But while we know that we think, *few of us know what Thought is*, and it is difficult for any Teacher precisely to teach his students what it is—though we can all see that we have at our command and do use a SUBSTANCE when we think—for *we cannot think with NOTHING*. We have seen that the whole Universe is CHEMICAL SUBSTANCE. We have seen that Every Living Thing (and there is no such thing as a "dead" thing, speaking chemically, for there is no place where Life is not) has an embodiment; there must be the embodiment through which the Spirit, through which *Life*, must express itself. Some embodiments can be seen and felt; others, more subtle, cannot be seen and felt.

● MIND SUBSTANCE is one of these subtle substances that cannot be put under a microscope and investigated. For example, you cannot go into a laboratory, and place your Thought Substance under a microscope, and then come to me and say, "Look, this



is My Thought." But you CAN SIT DOWN WITH ME AND TALK TO ME AND SHOW ME THE PRODUCT OF THAT UNSEEN SUBSTANCE THAT YOU USE WHEN YOU THINK. The same with many other substances.

### (c) *Mind Substance Is Everywhere.*

● The occultists teach, however, that Mind-substance is universal and omnipresent. You already have your idea of Prana. Well, *Mind-substance* may be likened to Prana in the sense that it is found in every place in the Universe. *Its sum total is fixed and cannot be added to or taken from, and therefore it is unchangeable.* Mind-substance can be regarded, as a matter of fact, as a higher phase of Energy or Matter, just as Matter may be considered as a grosser form of Mind-Substance or Energy.

● The Yogis claim to have proved that Mind-substance was the first Manifestation, and from it emanated Energy, and from Energy emanated Matter—so that all form parts of one real substance—the *ALL THAT THERE IS*—God, The Father, The Universal Spirit, Divine Wisdom, Creative Force, Divine Mind, or any name with which you may care to designate THE ONE SOURCE and THE ONE LIFE. One may say that there are three manifestations of our emanations from the Absolute. (Which is saying in a different manner what we have already learned in this documentary Lesson, "The Holy of Holies.")

● If it were possible for me as a Teacher to exhibit a certain quantity of Mind-substance and send it to you, there would be no need to try to explain, nor would there be any need for the student to try properly to make the personal effort to gain his own conception of its power. But that cannot be done. *We have then to regard Mind-substance as the thing by which is set into operation the Energy that causes Matter to be in Motion. Mind-substance can only be KNOWN to us by its results—Thoughts, Thought-forces, etc.*

### (d) *The Threefold Nature of Man.*

● The differences are—and we should get this deeply in the Mind—

(I) *MATTER* . . . Is the thing that the Soul uses to clothe itself in.

(II) *ENERGY* . . . Is the thing that the Soul uses to act.

(III) *MIND-SUBSTANCE* . . . Is the thing that the Soul uses to THINK with.

● It is necessary to get this conception, for as we proceed we shall nearer and nearer approach the truth that Thought is the ONLY thing that we have and that we use—everything being dependent upon this, and emanating from it.

● You are invited to contemplate the truths disclosed in your last Lesson with this idea of Mind-substance. You will see that the mind of each one of us represents so much Mind-Substance, *apparently* separated from other Mind-substance; yet in reality (though we cannot yet realize it) each Mind is in touch with other separated Minds—and with the UNIVERSAL MIND, of which it forms a part. You can see, then, that after all *THE UNIVERSE IS SIMPLY ONE GREAT, WONDERFUL, VIBRATING THINKING THING.* Thinking may vary, as it does in all embodiments from the atom to the Sun, but there is a universality of Mind-substance, of which we may use and control just as much as we desire—*when we know the way.*

● What is the amount of that Thought substance, Thought power, that YOU control?

● The highest form of Thought that we are conscious of is that of Man. But we know—or believe—that there are beings much higher than Man. We are climbing in Mental-physics up to that state.

### (e) *You Are Today What You Have Always Thought.*

● Rest upon these words:

"THE UNIVERSE IS SIMPLY ONE GREAT WONDERFUL VIBRATING THINKING THING." . . . Think. Be Quiet and Still. There is no need for me to use

many WORDS to explain—you have to FEEL this Truth. You and I are in a *sea of Thought*. You—in your Consciousness, that which you have built into your Consciousness, for your Consciousness IS you—are the sum total of everything that you have ever thought. This “sea of Thought” is the *Father*, the Spirit. We understand anything by contemplation upon it. So we understand the Father through Meditation, and “the disciple, when he is perfected, shall be as his Master.”

● As a very well-known philosopher has said: “All that hinders the individual from exercising the full power of the Infinite for any purpose whatever is his *lack of Faith*, his inability to realize to the full the stupendous truth that he himself is the very power that he seeks. This was the teaching of Jesus, as it is that of the New Thought; and this truth of the Divine Sonship of Man once taken as the great foundation, a magnificent edifice of possibilities which ‘eye hath not seen, nor ear heard, neither hath entered into the heart of man to conceive’ grows up logically upon it—a glorious heritage which each one may legitimately claim in right of his common humanity.”

● What *you* have to do, in these early Lessons in Mentalphysics, is to DECLARE this *Truth of your Own Life* all the time, no matter what you may be doing. In everything that you do and say and feel, know that you are placing yourself in that happy, reverential attitude of mind, *KNOWING* that the All-Wise Father, *the Spirit of Wisdom*, is directing your every step and act and breath—all that you are and do.

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### ADD TO YOUR MEDITATIONS – AFFIRMATION

THE CREATOR IS RIGHT HERE—Right in the Heart of Me  
Right in the Mind of Me  
Right in the Being of Me  
Right in the Substance of Me  
... Making Itself Known

REVEAL THYSELF, O LORD OF MY LIFE, O LORD OF THE ETERNAL—THAT  
IN WHICH I LIVE AND MOVE AND HAVE MY BEING.  
COME! ... I WAIT, ... I LISTEN, ... I AM STILL, ... I LOOK WITHIN ME  
... COME!

---

### *Note on the Chemical Substance of Life.*

*Every atom in the Universe possesses in itself equal power of attraction and repulsion, and it is only because of this balance of power that perfect harmony can be established throughout all space. You should repulse all that is undesirable. Begin with your body, for you can see that until your body is a perfect receiving and perfect registering instrument, you will not be able to make the perfect progress that you desire. Your body is Chemistry in action. Your body is a chemical thing, both in its very substance and in how it acts and what it does.*

*You are, therefore, urged to find out your chemical type, and see the kind of chemical substances (food) it needs. If you are a Calcium type, you will need different food than if you were a Carbon type; you may be a Sodium type, wearing yourself out because you do not know the kind of chemicals (foods) the Sodium type needs.*

*As your Teacher, I advise you to communicate with the Publication Dept. of The Institute of Mentalphysics, and acquire THE GUIDE—it costs a dollar. From it you will be able to find out much about your physical body and its needs, from a strictly scientific point of view, not in a bit-and-miss manner.*

I WISH FOR YOU THE HAPPIEST WEEK OF YOUR LIFE. SEND IN YOUR REPORTS REGULARLY TO ME AND LET ME KNOW WHAT MENTALPHYSICS IS DOING FOR YOU.

PEACE BE UNTO YOU—END OF LESSON FIVE

*Written in Faith by Edwin J. Dingle  
Los Angeles 4, California*





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(First Church of Mystic Christianity)

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## INITIATE GROUP

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## YOUR SIXTH LESSON

(Sixth Week)

Now you should be able and anxious to go on a little faster. I warn you, however, not to hurry. You have eternity to do it in; what I mean is that with the joy and the added zest to life that have come to you during the last few weeks, you should be willing to work even harder for that which you truly desire, resting in the conviction that YOU are *surely* under way.

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### "RIGHT UNDERSTANDING"—FIRST PART

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(Realization of the need of Truth produces the right attitude for its reception.)  
Read this aloud, with feeling:

"Thou, O Lord, who art the Life and Support of the Universe, who art dearer than Life, purify thou my head; thou who art free from all pain, by coming into contact with whom I am freed from all troubles, purify thou my eyes; thou who pervadest the Universe, directing and controlling it, purify thou my throat; thou who art comprehending, purify thou my heart; thou who art the Cause of the Universe, purify thou my body; thou who art all sustaining, purify thou my feet; thou who art All Truth, purify thou again my head; thou who art all pervading, *purify thou my whole organism.*"

#### (a) Understanding Comes First.

● What you have just read is rather good, is it not? Rather pretty. But what does it MEAN? Every evening this week, read this over to yourself, and try to analyze its meaning. There is great depth to it, and next week's Lesson will give you a portrayal of it from the higher point of view. This week YOU try to see whether its HIDDEN meaning will make itself known to you as you read it over every night. You are working to attain perfection, in body and mind; in short, TO ATTAIN TO YOUR TRUE NATURE.

*In Mentalphysics we are learning that we may live as long as we truly desire to live, as we are also learning that we may achieve whatever we desire to do. It is a tremendous statement, but it is true. All the same, we must not deceive ourselves. We must GET THE FACTS, and form our opinions accordingly.*

#### (b) Some Important Evidence

● Consider these:

With old men and women who have passed the age of 80, there has been a third dentition.

One lady, known very intimately to this writer, because she was a student in Mental physics, recovered her practically completely lost sight at the age of 80.

Baron De Capilli, dying at the age of 107, left his fourth wife pregnant with her eighth child.

Plato composed some of his best work after he was 80.

In 1864 Mere Girard solemnly celebrated, at the age of 136, the 100th year of her marriage.



Verdi composed music at 80.

When Queen Victoria celebrated the 50th year of her reign, in 1887, there were several politicians in the English Parliament who had served the State continuously for 70 years.

Even as far back as 1883, eighty-nine persons died in England who were over 100—79 women, 10 men. In 1903 newspapers claimed that the oldest man then living was Manuel del Valle, of Los Angeles, who was said to be 157.

Henry Jenkins swam rivers at 100, and lived till he was 169.

Mrs. Ramsay Wood, of Oregon, is reported to have lived 119 years. Mary McDonald, of Philadelphia, in 1900 attained her 139th year.

France has authentic records of 233 persons passing on at ages over 100 years during the years 1887-1896.

In 1850 an old man in Russia (Livonia) was reported to be in his 168th year.

In the United States, there were reported in 1890 to be living nearly 4000 people who had passed the century mark.

Figures like this, purposely taken for periods in the past, could be multiplied from all parts of the world. *If people could live long many years ago, with no knowledge of the Art of Living which we are now learning—well, what can WE not do?*

With the principle of life firmly established in the mind, we surely—when DAILY PRACTISING THE ART OF LIVING—can quite deliberately and easily exceed these figures, and live *as long as we find life desirable*. If you are God in human form, you *should* be able to remain in the body as long as you desire to maintain it.

Sit again and *think*. Use your Imagination! Does this appeal to you as being reasonable? *Do you TRULY realize that you are whatever the Creator is? THINK ON THESE THINGS.*

### *(c) Get the Idea of HEALTH.*

● Again let me stress the importance of your getting an IMPERISHABLE IDEA of IMPERISHABLE HEALTH—the TRUE YOU. Your body is the instrument—it is the Temple of the Living God. If the instrument is not perfect, how can receptivity be perfect? How can you express perfectly the perfect Substance of the Universe with an instrument that is imperfect? Some religionists may disagree with this statement, but it is not to be denied—to the thinker it is self-evident. In these early lessons repetition will occur frequently. This is necessary. We are starting on a road entirely new to us, and it is important that we should not lose one tittle of the truth in these pages.

*So GET THE IDEA ROOTED within YOU that YOU ARE HEALTH. THE BODY STRAIGHT AND STRONG AND PERFECT—AND THEN A PERFECT MIND IN A PERFECT BODY.* Never fear regarding spiritual awakening and unfoldment. That is assured as you improve physically and mentally.

● In your Meditations on Health, as you say audibly: "I AM HEALTH," be silent and immovable; see before your Mind this glorious picture—it is forming—there it comes—a light around it, it is BATHED in intense light—it is coming nearer, nearer, nearer, so near that the Light nearly blinds you, and YOU CAN FEEL IT FLOODING YOU FROM HEAD TO FOOT. (Do not think this far-fetched; just sit and contemplate it; imagine it—you surely can IMAGINE a light as you sit silently; you are to learn later on in these lessons that what you are doing is absolutely according to TRUTH, only you do not know WHY at the moment.) There is no reason whatever why you should not learn the HOW—and so operate the law. Practise bringing that "picture" before your mind—a hundred times a day. LIVE IT.

Then when you see and feel this Light, R-E-A-L-I-Z-E that YOU A-R-E HEALTH. You may break out in a perspiration through the heat from this Great Light—the Divine Light Within.

Then impress your Mind with the wonderful Truth that, if it was possible for other men, human beings, just like you, with no knowledge of the Art of Living, to live to

great age, then I, the Real I, can live as long as I desire and retain my vigor and grow continually in knowledge and power and achievement.

*For when we acquire this knowledge—and YOU WILL ACQUIRE IT IN DUE TIME, NEVER FEAR—we shall avoid the pitfalls, the chapter of accidents and sicknesses that bring about an early death. Among these we are to classify senility, which Science proves is no disease at all, but due to A CHEMICAL CHANGE IN THE BODY, which can be known and controlled.*

WE ARE LEARNING THE ART OF LIVING, of REMAINING YOUNG and EXPRESSING LIFE. In later lessons you will be duly instructed as to how you can accomplish this.

### *(d) Interrelation of Body and Mind.*

● As your Body is made up of Physical Substance, so your Mind is composed of a Substance—but the one as we have learned, is visible, while the other is invisible. We shall be learning a great deal more about this later on, but for the moment we will say that the *substance of which your mind is composed is IDEAS.*

These ideas which make up the Mind-substance are a mass of mental pictures made by your THINKING—that which you have been conscious of; this can be spoken of as YOUR CONSCIOUSNESS. Now, in Mentalphysics, you are learning, step by step, how to build a NEW CONSCIOUSNESS. As this is done by *reversing*, changing and improving your mode of thinking (actually WHAT you think) it is of the utmost value to you that you persevere with the practice of Meditation . . . for *IN YOUR MEDITATIONS YOU ARE BUILDING YOURSELF OVER.* How?

(I) THE DENIALS . . . . . blot out the old ideas.

(II) THE AFFIRMATIONS . . . . . build in the new ideas.

You may wonder *how* this can be done, but when we come later to the lessons that show scientifically the operations of the Subconscious, it will all be clear to you. Be patient. AND BE HAPPY—FOR YOU HAVE A HAPPY TIME AHEAD OF YOU.

### *(e) Embodiment a Principle in Nature.*

● You are now invited to consider the following, reading slowly and reverently, so that it may sink in and be UNDERSTOOD and ACCEPTED by the Mind. Do this a few times, until you feel that you KNOW it and that IT IS TRUE.

I have learned that *WHATEVER THE CREATOR IS I AM.* I see around me life forms everywhere—trees, animals, men, the earth and the heavenly bodies. I isolate a tree, and I see form and color, and my touch tells me that it is solid substance. I know, too, that there is an INTELLIGENCE in the tree, at work, building this color and form into the substance. I call this the *Creative Life.* I cannot SEE the Life, but I know beyond dispute that it is there. I know that it is embodied in the tree, and the form, color and substance that compose the tree *are the CLOTHING with which the Creative Life within the tree adorns itself.*

I now must conclusively believe, because I KNOW, that *the Creative Life is EMBODIED IN THE TREE.*

I know also that what is true of the tree is also true of the animals—in fact, of everything in the Three Kingdoms, mineral, vegetable and animal. I am therefore, led to believe that *NOTHING exists without an EMBODIMENT*—the embodiment of the Creative Life, the Creative Spirit. I conclude that *EMBODIMENT IS A PRINCIPLE IN NATURE.* I say that I identify myself with the Creative Spirit, for the reason *that I cannot be separated from it, being part of it.*

● I now arrive at the conclusion that *I am the Abstract Principle of Embodiment.*

Rest awhile—*think.*



I AM THE ABSTRACT PRINCIPLE OF EMBODIMENT. Is it True? This writer can truthfully and with all the vigor of his Mind say that it is true, for it has become a part of his consciousness. And YOU should now be able to say it. Well, then, are you going to embody yourself in Old Age Conditions, knowing this? ARE YOU? ? ?

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### ADD TO YOUR MEDITATIONS—AFFIRMATION

HENCEFORTH AND FOREVER, I, THE CREATIVE SPIRIT, DIFFERENTIATED FROM ALL OTHER LIFE FORMS, EMBODY MYSELF IN PERFECT BEAUTY, STRENGTH AND HEALTH. I AM IMPERISHABLE . . . I AM INDIVISIBLE . . . I AM EXHAUSTLESS.

(Knowing this, CAN you continue to build Senility into your form? No—a thousand times no.)

I AM THE CREATIVE SPIRIT EMBODIED—I AM LIFE ETERNAL—I AM IN ETERNITY NOW—RIGHT HERE—I AM ETERNAL NOW—RIGHT NOW—I AM ETERNAL LIFE—I AM LIFE ETERNAL.

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So, in your Sixth Lesson—"Right Understanding"—you are given the central idea of THINKING HEALTH: the perfecting of the Instrument of the Creator. "Right Understanding" is the first step on the Noble Eightfold Pathway of Enlightenment. After taking the first step, you will be able to successfully take succeeding steps.

● *Meditation Instructions.*—Each evening take the WHOLE of the Meditations. Start at the beginning and go through them all. While you should have no idea of time while in a state of Meditation, yet you must give yourself plenty of time. Never hurry. Wait and watch. As you AUDIBLY state the Affirmations, let the voice be so low and even that the very sound will seem to lull you to rest—but NOT TO SLEEP. Cultivate the low, long intonation of the words—thus: "I-I-I-I . . . A-M-M . . . H-E-A-L-T-H-H-H"—long drawn out, so that the breath will be deeper and more quietly rhythmic every time you breathe. Go through them all, one after another, and let the Mind revel in this sensation of Perfect Bliss.

● *Notes on Hygiene.*—Before you practise, bathe if convenient. Cleanliness within and without. While in the bath, I flush my ears occasionally with warm water—none of us wants to be deaf. Great care must be given to the teeth, and if you require work done on the teeth do not delay. Drink plenty of water, especially between meals.

● *Notes on Breathing.*—By this time you have gathered some power of your Breath. There are eight breaths in all in your Initiate Group teaching. Every day I receive word from grateful students for these wonderful Mentalphysics Breathings of ours. You are urged to continue most faithfully with them—never missing a single morning—being warned against strain of any kind; though there can not be any strain if you learn what the buttocks are and what their use. If you are in doubt you should write to me, but I have taught thousands of students and find a little patient application and practice will generally better answer the question of the student than I can in words. I hope that you are truly taking your Breathings seriously, for Breath IS life.

*"I am come that they might have LIFE, and that they MIGHT HAVE IT MORE ABUNDANTLY."*

PEACE BE UNTO YOU—END OF LESSON SIX



# "Whatever the Creator Is, I Am"

## BIBLE REFERENCES:

Many of our students may hesitate to say of themselves, "Whatever the Creator is, I am." They have been accustomed to thinking that God is something away, apart, far distant from them. But all churches teach that God is everywhere. He cannot be everywhere, dear student, without being also in you. **Do not differ with us** because of the words we use. As we have told you before, the greatest truths can not be expressed in mere words. These words in themselves are inadequate as an expression of the all-embracing Truth.

You, perhaps, have been taught, and are accustomed to think, of the Holy Spirit being within you. But the Holy Spirit is God, as the Son is God, as the Father is God. The Trinity, as all religions teach, is really *One*. If you prefer to say, "Whatever the Holy Spirit is (or the Holy Ghost), I am," you may use these words instead. But the *first essential* of the mystic method is a consciousness of the *Indwelling Presence*. Call it what you will—God, the Holy Ghost, the Life Spirit, *Universal Mind*, Supreme Intelligence, The Great Architect, or whatever name you choose. So long as you maintain the *consciousness of this Presence*, the words do not matter. If you will meditate, however, long and reverently upon the following verses from the New Testament, you will presently be able to arrive, through feeling and through inspiration, at the meaning which our words so poorly express:

"That they should seek the Lord, if haply they might feel after him, and find him, though he be not far from every one of us:

"For in him we live, and move, and have our being . . ."  
—Acts 17:27, 28

"But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you."—Rom. 8:11

"For as many as are led by the Spirit of God, they are the sons of God."—Rom. 8:14

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?"—I Cor. 3:16

"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?"—I Cor. 6:19

"And thus are the secrets of his heart made manifest; and so falling down on his face he will worship God, and report that God is in you of a truth."—I Cor. 14:25

"Not that we are sufficient of ourselves to think any thing as of ourselves; but our sufficiency is of God."—II Cor. 3:5

"And what agreement hath the temple of God with idols? For ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people."—II Cor. 6:16

"There is one body, and one Spirit, even as ye are called in one hope of your calling;

One Lord, one faith, one baptism,

One God and Father of all, who is above all, and through all, and in you all."—Eph. 4:4, 5, 6

"For it is God which worketh in you both to will and to do of his good pleasure."—Phil. 2:13

"That they all may be one: as thou, Father, art in me, and I in thee, that they also may be one in us: that the world may believe that thou hast sent me."—John 17:21

You cannot arrive at an understanding of the beautiful Truth, dear student, simply by reading the words. You must be able to *feel* them, *they must be a part of your underlying thought all day and every day*. The realization of this truth must be imbedded in your consciousness until you act and live by it. Then you will find yourself possessed of the power of God, Himself, which *you are*. Then, truly, "greater things than these, shall ye do also."

You have been thinking too little of yourself. Read the above quotations from your Bible, and realize Who and What you are. Every one of those quotations is the absolute Truth of Life. It is good news. Believe it, be happy and thankful. Then begin acting upon it this very minute. Realize that it is the Holy Spirit which is doing your daily work for you, the Holy Spirit which inspires your thoughts, gives you strength, urges you forward. Make this part of your consciousness, and *you shall never again know fear*.

Be patient. All this may not be done in a day. Old habits of thinking are hard to uproot. New habits may be acquired only by constant practice.

"And the glory which thou gavest me I have given them; that they may be one, even as we are one:

"I in them, and thou in me; that they may be made perfect in one. . . ."—John 17:22, 23

"Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you."—John 14:17

"At that day ye shall know that I am in my Father, and ye in me, and I in you."—John 14:20

"For it is not ye that speak, but the Spirit of your Father which speaketh in you."—Matt. 10:20

". . . but whatsoever shall be given you in that hour, that speak ye: for it is not ye that speak, but the Holy Ghost."—Mark 13:11

"Neither shall they say, Lo here! or, lo there! for, behold, the Kingdom of God is within you."—Luke 17:21

"Now there are diversities of gifts, but the same Spirit. And there are differences of administrations, but the same Lord.

"And there are diversities of operations, but it is the same God which worketh all in all.

"But all these worketh that one and the self-same Spirit, dividing to every man severally as he will."—I Cor. 12:4, 5, 6, 11

"The Spirit itself beareth witness with our spirit, that we are the children of God:

"And if children, then heirs; heirs of God, and joint heirs with Christ: if so be that we suffer with him, that we may be also glorified together."—Rom. 8:16, 17

"Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not."—I John 3:1

## PROGRESS TEST PAPER—No. 2

If you have made a careful study of your Spiritual Breathings and your latest Lessons, you are prepared to answer the following questions.

You are advised to most carefully fill in your answers to these questions, so that you may build into your consciousness more deeply that which you have learned.

Do this on the seventh evening. Do not destroy this Progress Test Paper, so that later—perhaps in years to come—it will serve as a guide in reviewing your unfoldment along The Path; and also enable you to complete your full Examination Papers which come to you with your 26th Lesson. Peace be unto you.

*Dingle Lewis*

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### BREATHINGS:

(1). *What is SELF-EVIDENT about the Breath?*.....

.....

(2). *What is Man's MOST IMPORTANT FUNCTION OF MAN'S BODY?*.....

.....

### DOCUMENTARY LESSONS:

(1). *Have you memorized the NINE POSITIVES?*.....

(2). *What are the NEW EXERCISES for?*.....

(3). *What POSITION do you take in Meditation?*.....

(4). *Do you see clearly that NEGATION must be banished from your mind?*.....

(5). *Why are these first Lessons IMPORTANT?*.....

(6). *What, now, have we FOUND?*.....

(7). *Name the chief subject set forth in these two Lessons.*.....

.....

### GENERAL:

(1). *What do you eat?*.....

(2). (a) *How do you sleep?*..... (b) *Are you in the habit of getting up nights?*.....

(3). *Do you wear Glasses?*.....

(4). *What results have evidenced themselves in your work so far?*.....

.....

.....

.....



## PROGRESS TEST PAPER—No. 3

If you have made a careful study of your Spiritual Breathings and your latest Lessons, you are prepared to answer the following questions.

You are advised to most carefully fill in your answers to these questions, so that you may build into your consciousness more deeply that which you have learned.

Do this on the seventh evening. Do not destroy this Progress Test Paper, so that later—perhaps in years to come—it will serve as a guide in reviewing your unfoldment along The Path; and also enable you to complete your full Examination Papers which come to you with your 26th Lesson. Peace be unto you.

*Angela Mei*

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### BREATHINGS:

- (1). Of what are DISEASES the result?.....
- (2). What does PROPER BREATHING give you?.....
- (3). Through what does BEAUTY SHINE and REJUVENATION TAKE PLACE?.....

### DOCUMENTARY LESSONS:

- (1). At what do WE ARRIVE QUITE LOGICALLY?.....
- (2). What can we NOW TRUTHFULLY AFFIRM?.....
- (3). What is that which THE WORLD CALLS GOD?.....
- (4). What is, SIMPLY, THE UNIVERSE?.....
- (5). Where can MIND SUBSTANCE be found?.....
- (6). Where should you see THE LIGHT OF DIVINE WISDOM?.....
- (7). Of what should you CONSTANTLY THINK?.....

### GENERAL:

- (1). Do you find improvement in your General Physical Condition?.....
- (2). Are you troubled with constipation?.....
- (3). Have you had any major operation? If so, what?.....
- (4). Is your Hearing perfect?.....

### PERSONAL REMARKS:







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## INITIATE GROUP

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Issued from the Office of The Preceptor Emeritus of The Institute of Mentalphysics,  
Los Angeles 4, California, U.S.A.

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# YOUR SEVENTH LESSON

## (Seventh Week)

*NOTE: You are carrying out your first seven weeks of work—your first forty-nine days. There is a magic in these numbers. You are on your way. Peace and Joy and Health and Power be yours.*

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### "RIGHT UNDERSTANDING"—SECOND PART

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● Turn to the first page of your Lesson Six. Read again the quoted paragraph. We have now to see what this means.

● You have learned that the body—your body—is the Temple of the Living God. You have learned something about it in ways that you had not thought of before perhaps, but you are now asked to look upon it as an *instrument*—if you wish, an electrical instrument, an instrument that receives and conducts (through the action of your own life) the Universal Power of the Creator.

● Let us see what this transcending declaration means. Study this very thoughtfully and imaginatively. Let us take the first sentence:

(1) "THOU, O LORD, WHO ART THE LIFE AND SUPPORT OF THE UNIVERSE, WHO ART DEARER THAN LIFE, PURIFY THOU MY HEAD."

● We can logically see that the Lord, the Law, the Creative Wisdom, the Infinite Spirit, the Supreme Architect, God, Jehovah, Parabrahm—whatever name we care to use matters not—IS THE LIFE AND SUPPORT OF THE UNIVERSE, but what does "*dearer than life*" means? It merely means that there is something BEHIND Life Itself, something that causes Life to be, something that is HIDDEN—just as within the *seed* is HIDDEN the power to make the seed develop into a perfect plant. "PURIFY THOU MY HEAD." Why my *Head*? . . . Because my head is The Kingdom—the Father's House in which there are many mansions . . . because within my head is located the physical means by which I receive ideas from the Universal Mind and send them out again, into my own body and then on out into the Universe again. My BRAIN is in my head, and as my brain—the receiving and sending station—is purified, so will there be Right Understanding of the Universe itself and all its activities. Purify Thou my HEAD, the *seat of Consciousness* within me.

(2) "THOU, WHO ART FREE FROM ALL PAIN, BY COMING INTO CONTACT WITH WHOM I AM FREED FROM ALL TROUBLES, PURIFY THOU MY EYES."

● Why "purify Thou my EYES"? Think of what your *eyes* mean to you. Think that, as your Mind is made of IDEAS—idea upon idea upon idea—your EYES have brought to you most of the ideas that compose your Mind. Many of those ideas are false, but you

## BREATH No. 4: THE PHYSICAL PERFECTION BREATH

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(Commence with two breaths; increase gradually to seven breaths.)

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Stand erect, with the heels together and the toes apart. See that your spine is straight. Buttocks tight. Feet firm on ground.

- (a) Extend your arms straight in front of you, with palms of the hands together (or with fists clenched), and the arms comfortably firm but not too rigid. See that you are standing firmly on your feet, with a sense that you are gripping the floor. Have your body perfectly straight and firm.
- (b) Inhale a Complete Breath. Retain your breath.
- (c) Standing very firmly, buttocks tight, swing the arms back as far as they will go, not bending them, so that you "stretch" the chest, the arms gradually getting more and more rigid as you swing them back. Bring them to the front again, seeing that you allow no breath to escape. Do this three times. Then bring the arms quickly to your sides, exhale vigorously, inhale and relax, repeating mentally your own spiritual affirmations for this Breath.

### WATCH ILLUSTRATIONS

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### *Spiritual Work*

## BREATH No. 4: RELAXATION EXERCISE

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*"And now, relaxing entirely, relaxing the whole body—*

*"We prepare ourselves to think the Greatest Thought we ever shall be able to think . . .*

*"WHATEVER THE CREATOR IS, I AM."*

*"The Creator is right here . . . right in the Heart of Me . . . right in the Substance of Me . . . right in the Mind of Me . . . right in the Being of Me.*

*"REVEAL THYSELF, O Lord of My Life . . . come, I wait!—I listen!—I look within me!—I am still! . . . and now I will to SEE THE CREATOR AT WORK WITHIN THE TEMPLE, as—giving thanks, feeling happy, ever so gently, without letting myself know it, I take a little breath, and—gently, gently—a long, deep, sleeping, sleeping sigh.*

*"And now I take another little breath, and a quick sigh . . . and I sit down quietly."*



# FIRST POSITION



Freedom in the neck.

Shoulders anchored by bringing them back and down.

Legs tensed.

Require this posture before picking up the position for inhalation . . . not hurry. Develop the habit of standing erect - it will come with little practice. Inhale deeply. Retain breath.

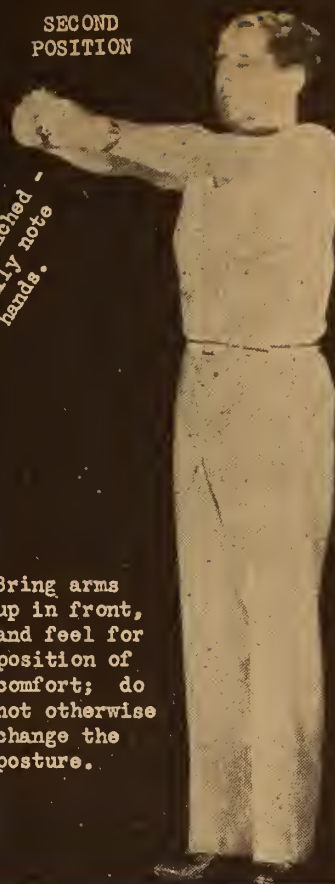
## REMARKS ON THIS BREATH.

Enter upon this Breath with high courage. You aim at PERFECTION—nothing short of it. Be sure of your true posture before you begin to inhale—do not hurry.

The fists are quite tensed, the muscles of those beautiful arms are tensed—you feel power throughout your body.

As you bring your body back to the form of the cross, do not move that upright posture—make the buttocks obey you as they lock the whole Glorious Temple of God.

# SECOND POSITION



Straightness at neck.

Arms firm.

Buttocks tight

Fists clenched - carefully note the hands.

Bring arms up in front, and feel for position of comfort; do not otherwise change the posture.

## BREATH No. 4—THE PERFECTION BREATH

This is one of the easiest breaths in which to learn correct breath retention. Always remember that "Rome was not built in a day", and you cannot expect to do what Ding Le Mei can do all at once. Watch carefully.

# THIRD POSITION



Do not move the shoulders as you swing back the arms. Hold breath as you swing arms evenly three times. At final swing, holding body firm, exhale completely, but do not relax.

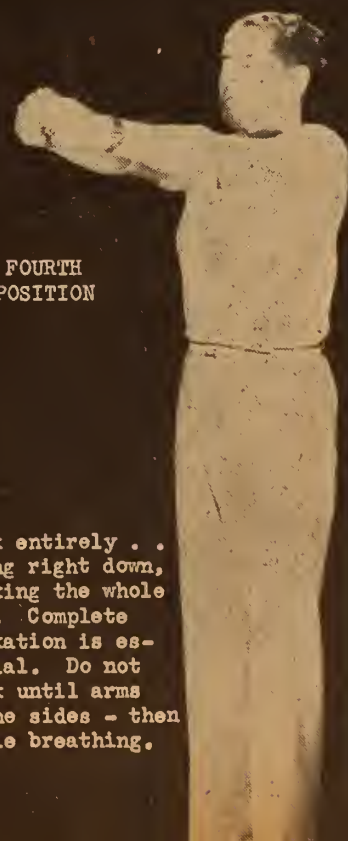
You should endeavor to attain perfect balance of feeling in this Breath—that is, there is tenseness without strain, and great buoyancy.

Try to feel the same degree of power in the fists as in the buttocks, in the feet as in the spine—a little practice will reveal to you what is meant.

And, above all, feel such a glorious abandon in the relaxation that you become conscious of a "melted" feeling in the substance of your body.

You are to learn that there are only two laws of living—"Be Happy" and "Give Thanks".

# FOURTH POSITION



Relax entirely . . . coming right down, relaxing the whole body. Complete relaxation is essential. Do not relax until arms at the sides - then gentle breathing.





have believed them to be true. Think of how your EYES have led you astray. Most people do not SEE what they ARE LOOKING AT. We should pray that we use our eyes rightly—that we should TRULY SEE what we look at, that on the *physical plane of life* our eyes shall not deceive us; that what we see and store in our memory shall be Right Knowledge, so that *our Mind* may grow in balance with the purity of the Universal Mind, that our eyes shall not “lead us into Temptation,” and that on the *Spiritual Plane of Life* we shall see with the Inner Eye, the Third Eye, the Creative Eye, the Spiritual Eye (of which you will learn later). For the time being, however, think much of the wonder of your own physical eyes, . . . knowing that you are on your way to their right use, with corresponding Right Understanding. And, as you contemplate, you will acknowledge that most of the troubles of life come about through the wrong use of our Perfect Eyes, so that when we, through the rightly developed use of the Inner Eye (which comes through Meditation) come in contact with THE LAW, we, too, are freed from all troubles.

### (3) “THOU, WHO PERVADEST THE UNIVERSE, DIRECTING AND CONTROLLING IT, PURIFY THOU MY THROAT.”

● My THROAT? Why my THROAT? In course of time you will learn through spiritual chanting what power there is in SOUND. THE WORD is the Sound of the Universe . . . the Deific WORD, the Omnific WORD. Your WORD is your Power, but there is a WORD that is more powerful than sound—and that is Silence. We can only reach the Silence and REST in the Silence, however, when we properly understand and rightly use sound. It is the same with every living thing. Every sound that can possibly be made by any living thing in the Universe comes from the ONE SOUND, the “WORD OF GOD,” as some call it; the “FIRST VIBRATION,” as others call it.

● We know that the Mind is impressed more by sound than anything else, and the only way to reach Soundlessness is through Sound. *Your sound comes through your throat, and you have the will to choose whether what comes through your throat shall or shall not be in accordance with what you know to be TRUTH.* Upon this question you will receive much more instruction as time goes on, but you are counseled to see that you do not waste your force in the making of useless sound—do not talk too much. My old master in Tibet taught me one thing of infinite value to me—it was, “Have No Tongue!” Keep what you know to yourself, where, like all substances that generate power, it will generate within you greater and greater power; use it only when you KNOW that you are in contact with people who will be benefitted from the use of your own SOUND, so that the benefit will come back to you and not be “shorted.”

● You may, or may not, see what is hidden in what I am writing; if you do not, that is good, for it will come in time. But in the meantime you are asked to speak only when you have something worth while to say; no slander, no petty small talk, no malice—bite the tongue before you will say anything other than that which you KNOW to be THE TRUTH—and the Word becomes the Flesh, and you utter The Truth that Makes You Free.

### (4) “THOU, WHO ART COMPREHENDING, PURIFY THOU MY HEART.”

● From the *physical* angle, we can see that the HEART must be purified for us to enjoy perfect health. But the meaning is much higher than that. The “HEART” is the Consciousness. The *heart* is the *center* upon which Life itself depends. RIGHT EXPRESSION of Life, then, depends upon a “heart” that is purified. The meaning of the word—Your Consciousness—shows you that every idea, every sensation, every action of your life must be in balance—you must be balanced and “purified” physically, mentally and spiritually—before there can be Right Understanding. Think poverty, and you will be poor; think illness, and you will be ill; and so on.

(5) "THOU, WHO ART THE CAUSE OF THE UNIVERSE, PURIFY THOU MY BODY."

● As you go further into the Higher Teaching in Mentalphysics, you will get a totally different idea of what your "body" is. In the meantime, however, you can see quite readily that your "body" is a threefold thing—physical, mental and spiritual. You will see that your physical body is what you make it through your THINKING—there is an interdependence of *body* and *mind*. You can also see, though perhaps less clearly, that your "mind" is made up of ideas that come to you and which you hold for your own, *the origin of the whole of which is the Universal Mind*. Just as you can see that every living thing is linked up in the Breath of Life, so you can see that in Thought every living thing is also linked together. It is no different with that which we call The Spirit, the "Cause of the Universe." The simplest way to work out this principle in your life is constantly to "BE HAPPY" and "GIVE THANKS." These words will grow to be infinitely sacred to you as time goes on and as you learn more.

● You are also to learn in due time that that which you call YOUR BODY is not by any means your own, but that, because it is immortally linked up with all other "bodies," you are dependent upon all other bodies, just as all other bodies are eternally dependent upon YOU. Get the idea, then, of *health of body*; of *joy of mind*; of *reverence of spirit*. This is the Everlasting Triangle of Life. JOY, GRATITUDE, REVERENCE.

(6) "THOU, WHO ART ALL SUSTAINING, PURIFY THOU MY FEET."

● The feet of the body, as you can easily see, are vitally important members of the organism. We couldn't go far without our FEET! But, spiritually, the "feet" form the contact between you and the earth upon which you walk. The feet take us to places! Sometimes to the wrong place. All that sort of thing is easy to comprehend, but the inner meaning is that the magnetism of the earth upon which you stand comes into the body through the contact thus made with the feet.

● On one occasion, in Tibet, I was sitting at the feet of my old Master, and we were talking about electricity. Before us was a saucer of vegetable oil, with a rush in it, and the light that came from it was hardly strong enough to make the darkness visible. I turned to him and told him that over in our country we had a wonderful light, but (as we were talking in Chinese) I had difficulty in explaining what electricity was. He said to me, "I do not understand, but I will tomorrow morning." I immediately thought, though I did not say, "Well, if you do not know now, how will you know tomorrow?" He caught my thought. Tucking his yellow robe into his girdle, and slipping his sandals from his feet, he went out into the night, and ran through a deep ravine which was cut up with all kinds of boulders and granite rocks. He ran like a deer, with his naked feet; returning, he showed me that his feet were not even scratched, but if you or I had done that we should doubtless have cut our feet terribly, sprained our ankles, or broken our legs. "I have LIGHT in my feet," he said.

● And so in due time you will learn that YOU have LIGHT—the Light of the Divine Wisdom in your FEET. Take care of your feet, that you may gather into the physical body the balanced magnetism of the Universe; so that, again, this balanced magnetism (or any other name which you may care to give to it) may manifest itself in balance through your life on all planes. The "feet" are of great symbolical significance.

(7) "THOU, WHO ART ALL TRUTH, PURIFY AGAIN MY HEAD."

● Re-read (1). Through your "head" there comes understanding. May the Understanding be RIGHT.

(8) "THOU, WHO ART ALL-PERVADING, PURIFY THOU MY WHOLE ORGANISM."



● When you come to "Your Own Spiritual Breath," the last of the Illustrated Breathings that you will practice, you will find that your whole body is the whole wide Universe. You will learn that Every Living Thing is contributing to your perfection, and with Right Understanding, you will know how to USE this Perfectness of All Substance.

*REST AND BE HAPPY. LET YOUR MIND MEDITATE UPON YOUR WHOLE ORGANISM ON ALL PLANES OF EXISTENCE. GO BACK OVER WHAT YOU HAVE ALREADY LEARNED AND FEEL THAT YOU ARE ESTABLISHED IN RIGHT UNDERSTANDING.*

*You are slowly, but surely, coming into the knowledge of your TRUE NATURE.*

IMPORTANT NOTES: What has been written will mean nothing to you if you are not able to sit quietly and think it out for yourself. You are fearfully and wonderfully made. You are **WHATEVER THE CREATOR IS**. Therefore, you are urged to be faithful in your practice. **READING ABOUT Truth** will not make you **REALIZE Truth**. You must practice it, and Meditation is your key.

● Therefore, be sure that you have memorized all your Affirmations and Denials. Memorize them in such a way that you are thinking of them constantly. With the first breath on waking in the morning, you think of some phase of your teaching—let the Grand Truth **LIVE** with you.

● Feel that you are a member of the Great Life of the Universe. As a person, you are a member of The Church Invisible, and if you have not received the Bulletin on The Church Invisible, write for it. You are, by virtue of being in The Institute of Mental-physics, now ready for entrance into The Church Invisible, and write right away if you have not been written to. You are to learn that we all can gain **ONLY** that which we give. You are to learn that the harvest can *only* be what the seed can bring. Sow your own seed—sow your own seed.

● During this week, **BE HAPPY**. No matter what the conditions, **MAKE THIS THE HAPPIEST WEEK YOU HAVE EVER KNOWN**. In all that you are doing—in the office, in the home, making money or not, feeling radiantly strong all the time, **BE HAPPY**. Cultivate the **FEELING** that all is well—that everything in the Universe, through the incoming of every breath of your body, is working for you and will instruct you, so that everything that you do is in accordance with **LAW**—the **LAW** of **THE GOD OF THE UNIVERSE**.

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### **ADD TO YOUR MEDITATIONS—AFFIRMATION:**

THOU, O LORD, WHO ART THE LIFE AND THE SUPPORT OF THE UNIVERSE,  
WHO ART DEARER THAN LIFE, PURIFY THOU MY HEAD.

THOU, WHO ART FREE FROM ALL PAIN BY COMING INTO CONTACT WITH  
WHOM I AM FREE FROM ALL TROUBLES, PURIFY THOU MY EYES.

THOU, WHO PERVADEST THE UNIVERSE, DIRECTING AND CONTROLLING IT,  
PURIFY THOU MY THROAT.

THOU, WHO ART COMPREHENDING, PURIFY THOU MY HEART.

THOU, WHO ART THE CAUSE OF THE UNIVERSE, PURIFY THOU MY BODY.

THOU, WHO ART ALL SUSTAINING, PURIFY THOU MY FEET.

THOU, WHO ART ALL TRUTH, PURIFY THOU AGAIN MY HEAD.

THOU, WHO ART ALL-PERVADING PURIFY THOU MY WHOLE ORGANISM.

PEACE BE UNTO YOU—END OF SEVENTH LESSON

*Written in Faith by Edwin J. Dingle,  
Los Angeles, California, U.S.A.*





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## INITIATE GROUP

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Issued from the Office of The Preceptor Emeritus of The Institute of Mentalphysics,  
Los Angeles, California, U.S.A.

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## YOUR EIGHTH LESSON (Eighth Week)

*This Lesson is placed here, as your practice for your Eighth Week, in the hope that you may benefit by a further study of Meditation. It is quite common for difficulty to be experienced in the early weeks of practice. Many students report that "I am unable to meditate. I can get to the point where I seem to lose all sense of the body, but I am not able to control my mind in the same way." If you are like that, you err in excellent company. Therefore, as your Teacher, I emphasize steady reverent practice. Do not enter Meditation as if you expect heaven to immediately come down. Place yourself in the position that you desire to occupy, then follow instructions. Such practice will ultimately guarantee success. Do not feel in any way superstitious or fearful. FOLLOW INSTRUCTIONS.—Ding Le Mei.*

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● All great religions have always claimed to have an inner side. This *inner* side has always been revealed as a priceless treasure only to a select few. These "mysteries" of the inner side of all religions have been perforce wisely and jealously guarded, handed down usually by word of mouth for generation after generation. Of course, the initiated know that the Living Truth is embodied in esotericism rather than in exotericism, and they declare that only through *esoteric practices* can a human being understand even the outer or *exoteric beauties of Life Itself* in what appears to be the outer world. In other words, there is a mystic side to Life which reveals its mysteries only through a search and practice of Life's *inner laws*.

● All religions have made this claim, Christianity being no different, for the simple reason that such an inner side *must* exist if a religion is to be strong and stable.

● All men are not at the same level of evolution, so that it were useless to intellectually give to them the same religious teaching. This fact has always been acknowledged (I am sure the reader of these lines will also at once acknowledge it): That which would help the intellectual man would be entirely unintelligible to the stupid, while that simple intellectual teaching necessary to the "young soul" would be crude and boring to the philosopher. While this is clear in regard to the intellectual understanding of religion, the great teachers of all ages have declared that there exists one single esoteric "secret" which will enable all men, irrespective of what they may know or may not know intellectually, to develop themselves spiritually on the inner side, esoterically, to the highest point, so that in their outer or exoteric life they may express the highest that they are evolutionarily developed to express.

● And that, of course, is the ultimate aim and end of man's existence—finally to express GOD. . . . By our works alone are we known and remembered.

(a) *What Is This One Secret?*

● Now, though called by many different names in different religions, I may say at once that this secret is the actual coming into direct union with God, with the Universal Intelligence, with the Moving Wisdom of Life, of coming into the heart of Love, of coming to realize in the silence one's own divine nature. What is this way? How is it done?

● In this sacred Lesson, it is my intention to allow myself to be guided by the Immortal Spirit within me to explain this secret in such a manner that—I repeat, irrespective of what we may know or may not know intellectually—any sincere student in Mentalphysics may be able to *learn it and use it*.

● The word that we use in Mentalphysics to name this secret is MEDITATION. I would, therefore, most humbly ask you, as your Teacher, to prepare yourself to come with me. As deeply as possible we will enter that magic realm of the Silence where we may commune together and together reach the highest spiritual height that we are capable of reaching. But I cannot do it for you; all I can do is to indicate the way. The pilgrim must "reach that fixity of mind in which no breeze, however strong, can waft an earthly thought within. Thus purified, the shrine must of all action, sound, or earthly light be void; e'en as a butterfly, o'ertaken by the frost, falls lifeless at the threshold—so must all earthly thoughts fall dead before the fane."

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YOUR LESSON ON MEDITATION—THE NOBLE SCIENCE

● I shall ask you now to imagine that we are together at the Institute. You are gathered with others similarly intent upon The Path. They all sit in a circle, hushed in that peace which passes knowledge, awaiting the entry of Ding Le Mei.

● Upon my entry, this is what I say:

● As we come together—together—I ask us to think of all students in Mentalphysics in this particular region . . . we see them in Light; then I ask us to think of all those in the various beacons at the Institute in Los Angeles . . . we see them in Light; then I ask us to think of all those of our own boys and girls in Mentalphysics in the armed forces of their country, wherever they are . . . we see them in Light; then I ask us to think of that great and growing army of Home Study Students in Mentalphysics all over the world. And we declare for them and for us that, no matter what may seem to be passing at this time on this earth, no matter what may seem to be, *for them and for us* NO HARM CAN COME NIGH . . . we see them in Light.

● Then I ask us to think of that noblest of noble men in the far Himalayas, through whose perspicacity, patience, forbearance and love, we are permitted thus to meet together in this incarnation: we greet thee, we salute thee, My Master, Your Elder Brother.

● *And O Lord Our God, our Father-Mother-God, which art in heaven within us, cause, we pray, that the Light of Thy Holy Wisdom may so fall full upon us as we meet here together that when we go we may feel that we have been lifted on high. For all that we have, for all that we are, we give thanks, we give thanks, we give thanks.*

● Now, my Beloved, as we are seated here, some in the sevenfold position and some seated on their chairs, perhaps it would be well for me to give you an idea as to why it is advisable to sit in the sevenfold position.



## 1. *The Body, an Electrical Instrument. The Sevenfold Position:*

● I have no doubt that many of you in this class have some knowledge of Meditation. The sevenfold position is the most natural way to sit so that we place the physical organism in perfect correspondence with the living, moving force of Life Itself throughout the universe. It is well to sit so that the buttocks are as large as possible or as flat as possible, occupying as much space on the floor as possible. Why? It is because the body is truly an *electrical instrument*, and for the purpose of meditation we should look upon it as an electrical instrument. In sitting in the sevenfold position we are contacted with seven distinct electrical connections, so to speak. Now, with the spine straight, the whole column not twisted or bent in any way, the two buttocks form the "root of the tree" in the earth upon which we sit—they form *two* electrical connections, the right being the *positive*, the left being the *negative*—but be quite sure as I speak that your spine is quite straight. I repeat: *the spine must be quite straight.*

NOTE—Of course, I know that this position to some is quite uncomfortable. It may be that the body will not readily adjust itself to this position. If that be so, then sit on a stool or even sit in a comfortable arm chair—you must be the judge. This sevenfold position is the preferable position. This instrument, this body, is, as I have said, an electrical instrument; this body is infinitely more accurate than the most perfect timepiece ever devised and kept in order by the mind of man. In the sevenfold position we place the body in the position most certain that the universal force may readily flow.

● Now, as I sit here, the *two buttocks*, as I said, touch the earth, making *two* electrical connections; then the *two ankles*, as they rest upon the floor, make *two more* electrical connections, making *four*; the *two legs*, as they are crossed above the ankles, make *one more* electrical connection, a total of *five*; then the hands upon the knees (palms up) make *two more* electrical connections, a total of *seven*.

● I will not hold discussion tonight on that magic number, seven, but all of you in Mentalphysics are to learn that the universe is composed of seven distinct Kingdoms,\* and that Man, standing at the apex of consciousness below the Celestial Kingdom, embodies all the kingdoms that are lower than his own Human Kingdom, and everything that we can see, or touch, or sense, or dream about is made up of seven distinct sevens. *The very words that I am speaking now are sevenfold in nature, as the breath which causes the words to come forth is sevenfold.* This is a little difficult to explain, but through practice you will be able to feel in the seven great divisions of the body a sort of subtle correspondence between what seems to be your own body and what seems to be a sevenfold force that you can feel in all the seven divisions of your body.

## 2. *Watching Our Breath—The Body Seems To Go Away:*

● And so, my beloved, we now come to the point of "Watching our Breath." Having placed ourselves, then, in the sevenfold position, we are ready. We are the humble meditator who comes reverently before the throne of Wisdom, and the first thing that we have to achieve is a consciousness of a *cessation of our physical forces*. WE DO THAT BY WATCHING OUR BREATH.

● We sit . . . we *watch our Breath* . . . we feel our breath coming in and going out, coming in and going out . . . and as we *watch our Breath*, possibly we may get the idea of a slowly, evenly, rhythmically moving wheel. The Breath is *coming in*—which is half of the wheel; the Breath is *going out*—which is the other half of the wheel. As we watch, it seems that this feeling of wheel-like motion increases and causes us to imagine that the *wheel grows larger* . . . gradually we find our Breath becoming *longer*, it is extended, it *elongates itself*, it becomes *smoother*. And when we first begin to watch our Breath it

The Seven Kingdoms are: (1) the *Ethereal* Kingdom; (2) The *Sidereal* Kingdom; (3) The *Mineral* Kingdom; (4) The *Vegetable* Kingdom; (5) The *Animal* Kingdom; (6) The *Human* Kingdom; and (7) The *Celestial* Kingdom.



seems that there are many rough, hard and uneven points over the surface of our breathing; some breaths are longer than others, some breaths are cut up, but gradually, as we watch, we find that our Breath becomes smoother and fuller.

● And, my beloved, as the Breath becomes smoother and fuller, and as that can only take place gradually, we begin gradually to feel that the body is moving, or *it seems to move*. It seems that the body is slipping away, melting itself into the atmosphere, so to speak. "There is no feeling in my body, and yet I am all feeling. . . . I could not tell you whether my hands are here or there. . . . I could not tell you the difference between the top of my head and the soles of my feet . . . *all seems to be making itself known to me in a peculiar UNITY OF FEELING*. My body is gone!"

● NOW, AS WE SIT STILL, THE BODY, THOUGH IT MAY SEEM TO BE GONE, MAY SEEM ALSO TO GROW LARGER, IT MAY SEEM TO GROW HEAVIER OR LIGHTER, AS THE CASE MAY BE, AND WE MAY SEEM, SO FAR AS OUR FEELINGS ARE CONCERNED, TO BE SEATED IN THE VERY CENTER OF THIS THING THAT WE CALL "OUR BODY," FILLED WITH FEELING, AND YET HAVING NO PHYSICAL FEELING.

Note—It is not easy to describe in words one's own feelings and experiences, and it would be distinctly unwise, even cruel, to indicate with any degree of exactness what you may experience. Rest assured, however, that whatever changes of feeling come in your body, those are the feelings you should watch—watching, you will have revealed to you what in this paragraph I am talking about.

● AND SO, AS THE BODY BECOMES "RESTED" AND "STILLED" AND "IN REPOSE" AND "FULLY EQUILIBRIUMIZED," WE GET A FEELING OF BEAUTIFUL "BALANCE" AND "RHYTHM," AND BREATH IS THE ONLY THING THAT WE CAN FEEL COMING EVENLY AND RESTFULLY IN . . . GOING EVENLY AND RESTFULLY OUT . . . BECOMING SO SOFT AND SMOOTH AND TRUE THAT WE CAN SCARCELY DIFFERENTIATE BETWEEN THE INCOMING OF THE INHALATION AND THE OUTGOING OF THE EXHALATION—THERE SEEMS TO BE NO DIFFERENCE, AND IT MAKES US FEEL SO PERFECTLY AT PEACE . . . PEACE . . . PEACE.

● That is the *First Step: the feeling of peace in the body*.

Note—It may be remarked that in cold print one loses the soft and melodious cadence of Ding Le Mei's voice, which in class is such a high inspirational factor. In this Lesson particularly, the differences in the intonation of the voice, as, raising or lowering it, he brings a strong spiritual feeling deep in the heart of his students, renders it an unforgettable experience for every sincere student, and cannot but greatly affect spiritually even the most casual.

### 3. The Art of Stilling the Mind:

● Let us proceed slowly. *The Second Step is to endeavor to do with the mind what we have already done with the body*. Our body is calm and peaceful, but our mind! . . . "Why, my mind is jumping about . . . it seems to be like a maddened monkey. It brings me all kinds of ideas. I think of something in the office, something at home, did I lock the garage door, I wonder what is going to happen, I am thinking of this, I am thinking of that—all kinds of ideas are passing rapidly and in a medley and chaos through my mind". Indeed, my beloved, some of the pictures coming to you may even be cruel—they may shock you! My beloved, have no fear; just sit and watch. That is *your* mind, that is just how *your* mind *acts upon itself*, even when you are aware of watching, and also when you are not watching. So, as you sit in meditation, watch the performance in your mind, as if you were watching a movie; and then when you feel you can control it, and you feel that you have seen what is going on, gently declare, with great inward emotion. . . . "Peace. . . peace . . . I am at peace! . . . Be still . . . I am still!" . . . In a very little time, after proper practice, you

will find that your mind, too, will seem to fall down. It will seem to relax, it will seem as if a cloak has fallen from your mind. The brain activity will not be so intense. You will feel that you are having great difficulty, perhaps, in conscious thinking; you simply cannot think, so powerful is the essence, the spiritual essence of yourself portrayed through your mind and your feeling. And gradually it will seem almost as if there is sleepfulness in your mind. You will feel, with such infinite inner stillness, that your mind is like one great ocean, or you may feel that your mind is like one great, eternal crystal, and then—why, you are sitting in the very center of this great crystal jewel within the crystal! *And then you may feel in the mind the same kind of feeling that has come into your body.* YOU ARE READY NOW TO DECLARE THAT WHICH YOU DESIRE TO FEEL, WHICH IS PEACE . . . PEACE . . . PEACE!

*Note*—Again I may say that I cannot with definite accuracy tell you what you will experience in your mind. Watchfulness, however, in a deep reverent state of mind, will reveal all to you, and make you happy. *Do not make any effort*—remember that whatever it is that you are seeking will reveal itself to you.

#### 4. Declaring the Living Word That Creates:

● Again, let us proceed slowly. You are now ready, and, as the willing apprentice of life in the secret place of The Most High, *you declare the Creative Living Word*, and as you declare it, so you *create it in your own life*. Therefore, you take your First Lesson, and you do not say glibly what is written in the foreword, "I am now entering upon the greatest teaching accessible to Man"—no, you do not say it only with your mind and tongue, you *say it with your soul*, with *your love*; you say it lovingly, prayerfully, reverently, not disturbing in a single degree your Breath within you. *Without interrupting the even, hushed, restful rhythm of your Breath*, you cause the word to ride out on your breath—"I am now entering upon the greatest teaching accessible to Man, (*inhale slowly*) for I am learning the secrets of existence. (*Inbale*) The riddle of the universe is about me: (*Inbale*) I am now solving it."

*Note*—The manner in which you begin your speech is of first importance—no disturbance of your breath, no heavy inhalation or exhalation, no disturbance of the mind, no slightest change in your inward feeling, no change of the peacefulness of your mind; if this should occur, merely chant peacefully and softly, "Peace . . . peace . . . peace," which will again lull the being of you into restfulness and equilibrium.

● It is true, my beloved, that you have been uplifted into your higher self, and it is as if this higher self is speaking with command in utter reverence to something infinitely higher than you, and at the same time to something that is much below yourself. You are in this way beginning to awaken your subconscious mind, and you will notice as you go along and practice, that the Breath will grow very much longer and smoother. Indeed, it may become so smooth that you will feel that the Breath is *entirely stopped*; and when the Breath (seemingly) has entirely stopped, you will then know that you have come to the *inward breath*, the Holy Breath, than which there is naught higher.

#### 5. Meditating by the Triangle:

● Be patient, if you would learn. Now, it is not possible, my beloved, for me actually to teach you to meditate; all that I can do is to point out the method. In Mentalphysics we teach meditation by way of The Triangle. If you say to yourself in meditation or in any other way, "I am Light," first of all, when you declare those three words you know that you *are speaking*. Now, *how* do you know that you are speaking them? You may say, "How foolish, I realize that I am speaking!" Then tell me, when you hear, how it comes to be that you *do hear*, and *how*, and *why*? What I mean, my beloved, is this: when you say, "I am Life," it seems as if, in what might be called "the mind," the command goes forth; the command goes forth to the throat or the tongue, and so there is a line from the mind to the tongue, which is the *first side of the triangle*. When I say, "I



*am Light," the sound made by these three words rides out on my breath, does it not? And it will ride out to as far as the breath goes. The smoother the breath, the further it goes; the further the sound goes, the more perfectly does it penetrate the veil of my own aura to enter the universal aura. Well, then, how do I know that I am speaking? I know that I have command of my mind to speak it, but how do I know that I am really speaking? I hear it, and it seems as if there is a faculty within the brain or within the mind that looks outward to the end of the sound, and I hear the sound going out, riding out on the breath. So we see there is, first, the one side of the triangle from the mind to the throat, and then the second side of the triangle from the throat outward on the breath, and the third side of the triangle from the mind looking outward, listening to the sound. There seem to be three distinct lines: from the mind to the throat, from the throat to the end of the breath, and then again from the mind watching the end of the breath. And so, we have our idea of our sound.*

● Now, bear in mind that the further the sound moves, the more smooth must be your breath; or rather, the more smooth and evenly balanced your breath becomes, the further the sound will go. I can speak only if my breath moves: I may say, "I am Light," and I may say it so quietly that even you around about me cannot hear it; or I can say it with decision. "I AM LIGHT!" so that on the other side of the street somebody can hear me. But, you see, the *manner* in which I declare the word is determined by the mind and what you might call the "emotions," but if my breath be not so pure, the sound cannot rise so purely outward from it. So the further the breath goes, the more it is a proof of tranquility, repose, peace, equilibrium of the body and of the mind.

● And so the mediator, YOU, are now ready to meditate, and you quietly, restfully, rhythmically declare, "I am Light . . . I am Light . . . I am Light," and the slower and longer the breath, the further the sound moves, the more mind-attention is being given, in an outward sense, to follow the sound, and consequently less mind-stuff is available for attention to giving the command and the carrying out of the command, so that as you begin in the silence to meditate, more attention is required to watch outwardly. The greater attention required to watch *outwardly*, the less possibility of attention *inwardly*.

● And so gradually the pronunciation of the words becomes indistinct, the words run together, finally become one sound—for example, the words "I am Light, I am Light," may become gradually "I AM L-I-G-H" (the final T being omitted). Then this becomes "I am L—" (long drawn out). Soon the "L" is omitted, the words you pronounce distinctly being merely "I am" (though you are still adding "light" mentally). As you become absorbed in the silence, "I am" becomes simply "Aum" or "Om-m-m-m." The sound thus becomes an indistinguishable chant or hum accompanying the thought—it is the great universal sound (Om—the sacred word of the ancients, from which we derive the words omen, omnipotent, the Latin word omnes, which means "all"). From this word all words and all separate sounds come, and finally go back to their origin. For example, "I am L-I-G-H-T," when it is in perfect accord with the breath, goes out to the extreme point and then loses itself, the sentence is dropped and it becomes "Aum" or "Om".

Note—This is all much clearer, naturally, to those who can hear the sounds demonstrated in the Class, but practice by you will make it clear.

### *(b) We Do Not Think—We Wait Upon God*

● I hope I am making myself clear. What I mean is that you may begin by very definitely saying the words, but the deeper the concentration and the more consecrated the body seems to become, then the less attention, the less "mind stuff" can be placed upon the actual framing of the words, so that "I am Light" merges into "O-M-M" right to the end of the breath. Then it may be said that our meditation is established, we have reached a deep point at the center of the center of ourselves. The mind is at peace and established in



peace; the sound goes out, the breath coming in and going out, and the outward motion, (the sound) simply brings complete rhythm, that sacred thing that you are and that I am. And so we find ourselves chanting to the point, perhaps, where the sound may cease; we lead ourselves from concentration into meditation, we lead ourselves from meditation into silence. We have not even thoughts of our own, we await God's.

● And there we come into the Great Peace, and from the peace of our Spirit we lead ourselves forward from sound to soundlessness, from cause to causelessness, and finally, if we be blessed, and if we have patience, we lead ourselves from self to self-lessness—at one with God. Then in our meditation it seems that all has left us and yet we have found everything. When sound ceases, if we could only watch it, that is, watch two things at one time, we would find that it becomes the breath of peace, and so, as deeper and deeper and deeper we go into ourselves, we find there the profound silence where even the sound listens; indeed, we have at last *come* to silence, and the greatest gift that one human being can endeavor to offer to another is a knowledge of the Eternal Silence.

● Therefore, my beloved, let us learn to meditate, and remain, through meditation, "in the shadow of the Almighty."

● Tonight, after you have left here and you have prepared yourself for bed, you will take your Lesson and you will read it reverently and quietly, concentratedly and in peace. You will take that chapter in your first lesson, "How to Meditate," and you will sit as you are instructed. If you cannot sit in the sevenfold position, sit in a comfortable chair, and then, lovingly relax.

● My beloved, I cannot emphasize too greatly this advice: *practice!* As you practice, so will you be rewarded. Let me tell you that the purity of your sound will insure the living Truth of Life within you, and you within the Light of Life. There is so much that I could tell you about SOUND, but I would prefer that in the perfect time you find it out for yourself. If I tell you, you will forget; but if you discover it for yourself, you will remember. And so, as later we shall quietly and very happily leave this class, going on our various ways, within an hour or so I suppose we shall all be seated quietly, practicing this Noble Science of Meditation.

● And my beloved students, I ask for you that you will never relax your zeal.

### *(c) Never Relax Your Zeal*

● If, indeed, I were asked to give you the greatest blessing that I know, the greatest blessing that any teacher could give to a royal Candidate in the Royal Art, I would come to you and say, "My beloved, take this; this is your zeal! Have faith; bolster your faith by constant zeal and practice of the Law!" Remember, "The conditions of conquest are easy: we have but to toil awhile, endure awhile, believe always, and never turn back." And as in a minute we shall dismiss ourselves and go in peace, I ask you not to talk too much. If there be any relatives in this class, do not talk together about what has taken place; keep it in the secret place of your own heart, and there give it loving refuge. When it is grown, there will be no need for talk, for you will have learned that by your works alone shall you be known.

● MY BELOVED, I WANT TO THANK YOU. IT SEEMS TO ME THAT IN THE SPIRIT OF MYSELF I HAVE BEEN VERY NEAR TO YOU TONIGHT. IT IS A GREAT PRIVILEGE TO BE YOUR TEACHER. IT IS A GREAT PRIVILEGE FOR YOU TO BE THE STUDENT. AS ONE SITTING AT THE FEET OF THE MIGHTY, I CAN TAKE MYSELF BACK IN MEMORY TO MY OLD MASTER IN TIBET. IT SEEMS FOOLISH, PERHAPS, TO SAY SO, BUT IF I HAD MY TIME OVER AGAIN, I WOULD LEARN INFINITELY MORE THAN I LEARNED THEN. AND IT MAY BE THAT THE SPIRIT OF YOU WILL INSPIRE YOU TO FEEL THAT AS YOU

LISTEN TO THE VOICE OF *YOUR* TEACHER, YOU MAY GAIN INSPIRATION THAT WILL LIFT YOU TO THE *VERY* HIGHEST HEIGHT OF YOUR POWER TO UNDERSTAND THE SECRETS OF LIFE'S GLORY.

● WE HAVE SPENT A HAPPY EVENING TOGETHER, WE ARE ALL ON THE PATH TOGETHER, AND AS WE GO LET US DECLARE THIS, MAKING THIS DECLARATION WITH VIGOR AND FEELING, REMEMBERING THAT THE LIGHT OF US IS SEEN MORE IN THE *WORD* OF US THAN IN ANY OTHER *WAY*. I ask you to repeat after me the Nine Positives of our beloved Mentalphysics:

I am Whole . . . I am Perfect . . . I am Strong;

I am Powerful . . . I am Loving . . . I am Harmonious;

I am Rich . . . I am Young . . . I am Happy.

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### **ADD TO YOUR MEDITATIONS – AFFIRMATION**

THE CREATIVE SPIRIT DID NOT CREATE DISEASE, SENILITY, OLD AGE AND DEATH.

THESE IDEAS ARE SUPERIMPOSED BY THE MIND OF MAN.

I REFUSE TO ACCEPT THEM . . . THEY HAVE NO POWER OVER ME.

I AM FREE . . . FREE . . . FREE.

PEACE BE UNTO YOU—END OF LESSON EIGHT

*Written in Faith by Edwin J. Dingle,  
Los Angeles, California, U. S. A.*





# The Institute of Mentalphysics— (First Church of Mystic Christianity)

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## INITIATE GROUP

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## YOUR NINTH LESSON (Ninth Week)

*"For the true conception of the universe we appeal unto him who is the Giver of peace and happiness unto the wise and those longing for salvation, the soul of the animate and inanimate creation. The exquisite design and arrangement in Nature lead to an idea of the attributes of the Giver of all-knowledge, the all-pervading and the cause of the Universe."*

### "RIGHT RESOLUTION"—FIRST PART

(Development of the Divine Will to Attain after we learn the attainment of wisdom is possible.)

#### *(a) Discard the Race Thought*

- When you are dreaming, you are the Dreamer, but you are not conscious that *you are the cause of the dream*. You imagine the dream to be external in some way.
- IN THE SAME WAY, MAN IS IGNORANT OF HIS TRUE NATURE. HE GENERALLY IMAGINES HIMSELF TO BE SEPARATE FROM NATURE. HE DOES NOT KNOW THAT HE IS THE CREATIVE SPIRIT EMBODIED IN THE HUMAN FORM. AND SO—AMONG MANY OTHER STRANGE UNTRUTHS—HE THINKS HIMSELF TO BE SUBJECT TO DECAY AND DEATH. THESE ARE THE TWO GREATEST MISTAKES MAN ALL OVER THE WORLD IS MAKING.
- But into this great and glorious Truth he has to be initiated. Many people, however, are so overgrown mentally with false thinking that the Truth is beclouded, and they lose the power to receive Truth by intuition; nor have many people the power to THINK OF NEW IDEAS, for their wrong thinking has dwarfed and crippled their Imagination, the invaluable Creative faculty. But when the Thinker—YOU—discards the tradition of the Race, and determines that at all costs he will shake off the shackles of the RACE MIND, he is no longer carried along by Race power, but is himself the directing power of his own life. He breaks with Tradition, he *rightly resolves*, enters upon a new life of *Courage and Obedience to the promptings of the Creative Spirit*, and finds that "WHATEVER THE CREATOR IS I AM."
- So, when YOU, the student, upon whom be all light to receive and realize this truth, realize that you *will* no longer be carried along by the Tradition of the Race, YOU discover, through Right Resolution, that YOU are whatever the Creative Spirit is, and can truthfully and intelligently regard yourself as a "Son of God"—a partaker of the Divine Majesty, Father-Mother of All Things.

NOTE: These thoughts are probably all new to you. Therefore, you are required to hold them in mind continually until you appropriate them and they become part of your Consciousness, your very self. And this is what will happen. The new and transcendental Truth will filter into your Mind and life will be transformed into a Heaven on Earth for you.

- Do not let us imagine that we shall gain by involving our ideas in many words. This teacher could easily fill a novel-length volume from the material contained in the few pages that make up this Lesson. But that is not the desire. All that I aim is to put before

## BREATH No. 5: THE VIBRO-MAGNETIC BREATH

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(Commence with two breaths; increase gradually to seven breaths.)

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Stand erect as before, with your arms at your sides. See that your spine is straight. Buttocks tight. Feet firm on ground.

- (a) Inhale a Complete Breath—a full big breath. Retain your breath.
- (b) With the body gently rigid from the soles of your feet to the top of your head, swing the arms and hands in a complete circle three times, retaining the breath.
- (c) At the third swing drop the arms to the sides, exhaling vigorously, and through the mouth, but not relaxing the chest. Then inhale and relax, repeating mentally your own spiritual affirmations for this Breath.

### WATCH ILLUSTRATIONS

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#### *Spiritual Work*

### BREATH No. 5: RELAXATION EXERCISE

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*"And now, coming right down—that liquid, liquid feeling in the body . . . relaxing entirely—"*

*"I think of the LOVELIEST THING I HAVE EVER KNOWN—I'm thinking of the Loveliest Thing I Have Ever Known. There it comes, that Beautiful Picture, perhaps from the Long Ago, perhaps from the Far Away, but there it stands perfectly clear delineated before my Mind, as if it happened but a moment ago!*

*"I thank Thee, Lord—I thank Thee, LAW—for My Memory!*

*"I thank Thee that I am able to bring back from the vault of The Past ANY BEAUTIFUL THING that is in my Memory; and I pledge myself, I VOW, that from this moment henceforward NOTHING SHALL ENTER MY MEMORY . . . no idea of any negation whatsoever, no idea of Disease, Decay, Senility, Old Age, Disappointment, Doubt, Failure, Death . . . NOTHING shall enter my Memory but that which is in unison with ALL GOOD and MY OWN VERY HIGHEST CONCEPTION OF TRUTH . . ."*

*"And there I see the whole conduct of Man—there I see MY WHOLE CONDUCT!"*

*"And now—feeling happy, giving thanks—I will to see that Picture lost again in the absorption of My Being, as I take a little breath and a long, deep, sweeping, sweeping sigh—and now I take another little breath, and a quick sigh."*





**REMARKS ON THIS BREATH.**

The student is advised not to hurry with this breath—be sure that posture is correct before starting. You are standing straight—the feet level and firm, buttocks tight, head is erect, freedom at the neck.

As in all your previous breaths—in fact, always in all breathings that you learn—try to get the **FEELING** within both body and mind what the affirmation portrays to you.

Do not let down the muscles of the arms; keep the fingers tensed.



**BREATH No. 5—VIBRO-MAGNETIC BREATH**

This is a sort of "half-way house" point in your breathing study. A truly electrical breath. Try to feel the same balance of tension at the feet, the finger-tips and the **buttocks**.



Do not relax the buttocks in the swing movement, and be sure that you do not let down muscularly anywhere—the buttocks being your guide ... keep them tight.

At first a little difficult, your Vibro-Magnetic Breath will become a great delight to you as time goes on. Moreover, if you breathe properly, you will see the benefit quickly.

The Vibro-Magnetic Breath is a truly "electrical" breath—this cannot be explained, the feeling will come only with practice. A few weeks of practice will reveal much.

Remember—no strain ... "Be Happy" and "Give Thanks".





my students the infinitely beautiful Truth which we are now uncovering. In many words there is much confusion. The student is counseled to go aside and *think*. Only in this way will the Light come. Essential truths can be stated in a few words. YOUR PART is to keep the thoughts that are slowly coming to you vividly in mind every moment that you can do so; in other words, you come to "Right Resolution" . . . WHY?

● BECAUSE the Creative Spirit is WISDOM, and by keeping the thought ever before the Mind the WISDOM of the Creative Spirit will REVEAL itself, for it is self-manifesting. Every moment that you can find quiet of mind, say to yourself that, no matter what OTHERS are doing, "I AM NOW DISCOVERING MY TRUE NATURE—LIFE IS NEW TO ME—I AM FORSAKING THE FALSE AND BUILDING INTO MY CONSCIOUSNESS ONLY THAT WHICH IS ESSENTIAL TRUTH."

### (b) Difference Between Knowledge and Realization

● IT IS ONE THING TO LEARN THIS GREAT TRUTH. BUT IT IS QUITE ANOTHER THING TO REALIZE it. And this is what we have each to accomplish for himself or herself, by RIGHT RESOLUTION.

● I cannot realize (make real) for you. That you must do alone, just as every other living breathing human being must likewise do. Though you may not at the moment give them the importance rightfully attaching to them, the Meditations form your principal tool, and are designed with that end in view—THEY ARE THE KEY. You must persist in them in order to attain the REALIZATION that will bring results to you in Youth, Beauty, Health, True Wealth and Abiding Happiness.

● And this is what they will do, if persistently carried out. How will it all be done? you ask. That is not for you to try to answer—a higher power than your Conscious Mind will do the work, and IT IS CERTAIN.

### (c) Power of the Creative Spirit

● There is no intention in these lessons to make the matter we are learning very technical, but the student must understand somewhat of the composition of the Human Body—of HIS or HER Body. So far in these Lessons we have discovered that *each one of us is analagous to a Magnet*—we are the attractors, so that as we go along it is necessary for us to know *what and how we are attracting*.

● We have found that Man is a differentiated particle of the Creative Spirit, embodying itself in substance; and we saw that the Creative Spirit was EVERYWHERE—EQUALLY PRESENT, embodied in all the forms of life. Now, we shall have to admit that the desire to live is inherent in the Creative Spirit, *so that when we say "I DESIRE TO LIVE" we are but voicing the expression of the Creative Spirit that is embodied in the form that I speak of as myself, or that form that you speak of as yourself. The desire to live is an emotion—a force. Consider how the Creative Spirit is ALL-PERVADING in three ways:*

#### KNOWING—MOVING—SUBSTANCE.

● And yet at the same time it is self-existing. When it desires to embody into a form it has

- (a) The SUBSTANCE to mould into a form.
- (b) The POWER to do it . . . the Force.
- (c) The WISDOM how to do it.

● THIS POWER AND WISDOM ARE RESIDENT, INHERENT IN THE SUBSTANCE. In our case, the Power and Wisdom reside in the *cellular tissues that compose the HUMAN BODY*.

● We all know that we have the substance. It is within our power to "understand" the substance, through study and practice. Having the substance, we "resolve" to *use it*, and as we *use it* through "*Right Resolution*," so we shall find that the *Inherent Wisdom* that is *within us* reveals itself to us.

#### (d) *Forces Within Our Bodies*

● Until quite recent years it was thought that FORCE and MATTER were two separate things. It is now known in Science that they are not separate at all, not two, but one and the same. The ATOM is no longer the least divisible unit of matter, for it is now definitely known that in the last analysis the atom is reducible into electrons and ions. It is not matter at all in the sense that we regard it—as we would regard a grain of sand, but AN ATOM OF ELECTRIC ENERGY, OR RADIANT ENERGY. *It is now known that the cells of our bodies are all tiny universes of electric energy, a truth that has been known to the ancients for many centuries, but only now being "discovered" by our Western scientists.*

● THIS IS THE MANNER IN WHICH THE CREATIVE SPIRIT EXPRESSES ITSELF IN THAT FORM, AND WE ARE TO RETURN TO THAT WHEN WE COME LATER ON TO CONSIDER THE IONIZATION OF THE ENDOCRINES.

#### (e) *Process of Building the Body*

● The human form in all its parts is an aggregation of cell life. For an amplification of this you would require to study Biology, but for our purpose let us accept it without question.

● A notable fact is that the cells of the bones differ from those of the hair or of the blood or the tissues of the skin. Each part of our bodies has a distinct degree of cell life. The cells that build the bones do not build the finger nails, for instance—and so on; each has its own work to do, has the power to do it and KNOWS HOW to do it. The cells have their own individuality and particular work. It is also to be noted and remembered that the cells, as cells, are not subject to Death. They can be injured and destroyed by injury, but they do not die naturally. This is true of the cells of the body in its entirety.

● You then ask, "Why does the body die?" Well may you ask, for it is the Creative Spirit within you that prompts the enquiry. But wait—and we shall see.

● A cell increases by division. One divides into two, two into four, four into sixteen, and so on indefinitely. It would appear that by this means a man should grow to enormous proportions. He would were it not for the *Magnet* that attracts just as much as it needs and no more. . . . And Reverently contemplate this:

(I) THE PROCESS OF BUILDING THE HUMAN BODY IS GOING ON ALL THE TIME. A BALANCE IS PRESERVED IN A HUNDRED WAYS. THE NAILS GIVE US JUST ONE EXAMPLE, FOR WHEN THEY ARE LONGER THAN WE LIKE THEM WE CHOP THEM OFF.

(II) THE PROCESS OF ATTRACTING THE CELLS BY THE MAGNET IS NOT A THING THAT IS COMPLETED LIKE THE MAKING OF AN AUTOMOBILE. IT GOES ON MAKING AND BUILDING *ALL THE TIME*, WHEREAS THE AUTOMOBILE IS MADE ONCE AND FOR ALL. SUPPOSE THAT THE POWER TO REPAIR AND REPLENISH THE AUTOMOBILE WAS RESIDENT, INHERENT, IN THE AUTO—THEN THE MACHINE WOULD NEVER HAVE TO GO TO THE GARAGE.

(III) IN THE CASE OF MAN, *THE CREATION IS GOING ON ALL THE TIME*, 24 HOURS A DAY, AND NEVER STOPS EXCEPT AT DEATH.

● We do not sufficiently realize or appreciate the work that goes on every moment that we live. The heart works 24 hours a day untiringly. The heart (as you know) drives



the blood through the arteries, into the capillaries, thus reaching every part of the body which it vitalizes, nourishes and strengthens. The blood starts on its arterial journey bright red and rich, laden with life-giving qualities and properties; it returns by the venous route, poor, blue and dull, being laden down with the waste matter of the system — going out like a fresh mountain stream and returning like a foul stream from a sewer. What a marvelous organ is the heart. It is said to put forth an effort equal to the lifting of one ton to the height of 124 feet every 24 hours, and yet this organ weighs but eight ounces.

● Then, Breathing is the easiest thing to do, yet the lungs put forth an effort which, for sheer power, would make many a man-made machine pale into insignificance. I wonder what the power of the Breath of Students in Mentalphysics is? — Tremendously more than the AVERAGE person.

● If the student will read more of this kind of material, which he may easily get from a library, and consider the facts that he discovers from the angle of his own Scientific Breathing, as taught in Mentalphysics, he will be able to see more and more how wonderfully he is made, and what a wonderful Temple is the body which he inhabits.

*ADVICE ON SLEEP: Do not sleep overmuch—sleep is a form of death—that is, sleep as the average Westerner knows it. As soon as you can train yourself for six hours, six will suffice. Edison got along very well on four hours, and this writer can do the same; and when you can induce a state of abstraction you will find that in one single hour of True Meditation you will derive more benefit than from eight hours' sleep. I mention this to show that you cannot make excuses about not having time for your Meditations. Take time from your sleep. Should you fall asleep while engaged in Meditation, do not be unduly disturbed (although you must fight sleep, and keep awake), for the message is carried over to the Subconscious Mind all the same. If you have the tendency to sleep during Meditation, sit and meditate thus: "THE CREATIVE SPIRIT NEVER SLEEPS—I AM THE CREATIVE SPIRIT. I Sleep Only When I Wish to Sleep." It is true that real sleep is the greatest alkalinizing "food" that there is, but our Meditations should teach us how to perfectly relax the body that we can do with only a moderate amount of time for sleep.*

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## ADD TO YOUR MEDITATIONS

### Denial

I AM NOT SEPARATE FROM THE UNIVERSE.

### Affirmation

I AM THE CENTER OF ATTRACTION.

I AM A MAGNET.

I EMBODY MYSELF IN YOUTH AND BEAUTY.

I EMBODY MYSELF IN THE SUBSTANCE OF BEAUTY.

(As you will recognize, Beauty is inseparable from Health and Youth.)

TAKE THESE INTO THE MEDITATIONS AS YOU DID BEFORE. AND REMEMBER—DO NOT ARGUE WITH YOURSELF. WHILE IT IS GOOD IF YOU SEE THEIR ESSENTIAL TRUTH, THE RESULT IS JUST THE SAME IF YOU DO NOT. WHEN WE COME TO THE LESSON ON THE OPERATION OF THE SUBCONSCIOUS MIND YOU WILL LEARN THAT WHATEVER YOU SAY ABOUT YOURSELF IS BOUND TO BE EFFECTIVE.

PLACE BE UNTO YOU—END OF NINTH LESSON

*Written in Faith by Edwin J. Dingle,  
Los Angeles, California, U.S.A.*



# The Institute of Mentalphysics— (First Church of Mystic Christianity)

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## INITIATE GROUP

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Issued from the Office of The Preceptor Emeritus of The Institute of Mentalphysics,  
Los Angeles 4, California, U.S.A.

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## YOUR TENTH LESSON (Tenth Week)

### "RIGHT RESOLUTION"—SECOND PART

*"A man without character is as a flower without perfume."*

● My Beloved Student in Mentalphysics: I would like to say in this Lesson precisely what you require to have said to you to raise you to the very highest pinnacle of Inspiration. I would like you to feel that, no matter what may *appear to be wrong* in your life, you are on your way to Right Resolution, through Right Understanding, to bring RIGHT out of that which appears to be WRONG. . . . You must use your Imagination in this Lesson.

● Just imagine that I am there with you—the two of us in The Silence together. We have met. I would like you to realize a great childlikeness of Spirit as you feel that, all down through the ages, we have been waiting to meet. You and I have been seeking each other, though not knowing how or why, and now—in this life—I am to make manifest to you the highest knowledge of the Truth of Life. I am the messenger; you must take the Message.

● We have learned what "Right Understanding" means. The Riddle of the Universe has become somewhat less of a riddle than it was. We have watched its *laws* within our own bodies and our minds, we have watched its *Laws* in Nature, and, compared with a few weeks ago, we are much more logically and spiritually established in "Understanding" than we have ever been.

● Now we look forward to RIGHT RESOLUTION. In the silence of your own Lesson tonight you are to realize that there are thousands of other seekers in Mentalphysics—the whole world round—who are similarly minded, similarly seeking; and so we together form The Church Invisible. (Three evenings after commencing this lesson you are advised to write in—personally to me preferably—inquiring about The Church Invisible, if you have not already done so. I hope that you have.) So I ask you, just as you feel that you and I have met in The Spirit, that you rise to meet all the others—there are those who know more than you know—there are those who came in on the very same day as you came in—those who are struggling just as you are struggling perhaps . . . but no matter what progress we have made along The Path, we are all integrally linked together, bound in Thought, faithfully going ahead in our search for Wisdom and that which is dearer than Wisdom. The Church Invisible is thus established. Each morning and each night you should, in commencing your study and practice, FEEL that you are in the very holiest place, and that the holy bond binds us all—thus does the Creator spread forth his wisdom among us all.

### *(a) After Understanding Comes Resolution*

● To ACHIEVE anything in life, there must be the *understanding* of the thing, for according to our understanding do we achieve. To write we must understand how to write



to speak, how to speak; to run, how to run; so in all things. But we may "understand" very much intellectually, and not be able to *demonstrate*—to make real—in our lives that which we think we understand. That is because we do not rightly RESOLVE to USE that which we understand. Latent abilities are not awakened in many people, and they never become awakened until the *resolution* to awaken them comes into consciousness.

- Even with Understanding, there must come Resolution. If the Understanding be wrong (or not Right), the Resolution and all that follows it must of necessity be correspondingly wrong also. But with RIGHT Understanding there will come, with the resolution to USE the understanding, RIGHT RESOLUTION. Right Resolution seems to be the child or offspring of Right Understanding. No matter how strong the Resolution may be, and no matter how great the effort put forward in using resolution, the RESULT CANNOT BE RIGHT UNLESS THERE BE RIGHT UNDERSTANDING OF WHAT WE ARE DOING.

- NOW, IN MENTALPHYSICS, YOU ARE GIVEN STEP BY STEP, CLEARLY AND PRACTICALLY, THE RIGHT METHOD BY WHICH YOU MAY LEAD YOURSELF INTO RIGHT UNDERSTANDING OF THE LAWS OF THE UNIVERSE. THE NEXT STEP IS RIGHT RESOLUTION. IF YOU HAVE FULLY MASTERED WHAT IN YOUR LESSONS UP TO THIS POINT YOU HAVE ALREADY LEARNED, THEN YOU WILL HAVE NO FEAR HOW GREAT THE RESOLUTION MAY BE—YOU ARE ESTABLISHED IN RIGHT UNDERSTANDING.

- In your *Breathings* (which you must never for a single day disregard) you are taking in that invisible and organizing Force of Life, Creative Intelligence; you USE it in Right Understanding as the first stepping stone. You begin to use it as you take the next step—Right Resolution.

- SO YOU ARE NOW ESTABLISHED IN RIGHT RESOLUTION, AND MAY YOU NEVER LOSE YOUR ZEAL. YOU MAY REGARD YOURSELF AS A MEMBER OF THE GREAT CHURCH INVISIBLE, THE BUILDERS OF THE "NEW JERUSALEM," PROGENITORS OF THE "NEW AGE," LEADERS AND SAVIORS OF THE HUMAN RACE.

### *(b) More About the Throne of God*

- You have come to the point where you realize that the attainment of Wisdom IS possible. You are to learn how to develop the Divine Will, the Creative Intelligence, the Infinite Spirit which brings this to you.

- You can now truthfully affirm that you know your very physical body (your "Whole Body" is the Universe Itself) to be the Throne of God. In right understanding, you are strongly advised to read as much as you can about the Human Body. Your study should be directed from the angle of the Breathing apparatus and the respiratory system, for the reason that you will be forced to appreciate your own power of breathing as taught in the Scientific Breathings you are learning and which will become more and more wonderful to you as time goes on.

- The organs of respiration consist of the lungs and the air passages leading to them. The lungs are two in number, and occupy the pleural chamber of the thorax, one on either side of the median line, being separated from each other by the heart, the greater blood vessels and the larger air tubes. Each lung is free in all directions, except at the root, which consists chiefly of the bronchi, arteries and veins connecting the lungs with the trachea and heart. The Air Passages consist of the interior of the nose, pharynx, larynx, windpipe or trachea, and the bronchial tubes. When we breathe we draw in the air through the NOSE, and after it has passed the pharynx and larynx it passes into the trachea, which subdivides into numerous tubes called the bronchial tubes, which in turn subdivide in all the small air spaces in the lungs, of which the lungs contain millions.

● It has been said that if the air cells of the lungs were spread out over an unbroken surface they would cover an area of 14,000 feet square. The air is drawn from the lungs by the action of the diaphragm—a great strong flat muscle stretched across the chest, separating the chest-box from the abdomen.

● The diaphragm's action is almost as marvelous as that of the heart; though it can be transformed into a semi-voluntary muscle, its work is largely automatic. When it expands it increases the size of the chest and lungs, and the air rushes into the vacuum thus created. When it relaxes the chest and lungs contract and the air is expelled from the lungs.

● Now see what the lungs do for the blood—what breathing does . . . *then STAND IN REVERENCE BEFORE YOUR OWN BODY'S POWER:*

### *(c) Life Is In the Blood*

● You have seen how the blood starts on its journey, rich and life-giving, full of life-preserving properties. When it returns the foul stream is distributed among the many millions of tiny air cells in the lungs. A breath of air is inhaled, and oxygen in the air comes into contact with the impure blood through the thin walls of the hair-like blood vessels of the lungs, which walls are thick enough to hold the blood, but thin enough to permit the oxygen to penetrate them. Coming in contact with the blood, the oxygen forms a sort of combustion, and the blood takes up oxygen and releases carbonic acid gas generated from the waste products and poisonous matter which has been gathered up by the blood from all parts of the system. Then the process takes place again—the purified and oxygenated blood is carried back to the heart, rich, red and pure.

● *In a single day 35,000 pints—think of this figure—of blood traverses the capillaries of the lungs, the blood corpuscles passing in single file and being exposed to the oxygen of the air on both sides of their surface.*

● YOU SEE, THEREFORE, FROM THIS BRIEF DESCRIPTION OF WHAT TAKES PLACE IN REGARD TO THE BLOOD ALONE, WHAT A TRAGEDY IT IS IF WE DO NOT BREATHE PROPERLY.

● Forty-nine men out of fifty do not breathe correctly, but they are actually ignorant of the correct METHOD of Breathing. The Scientific Breathings as taught in Mentalphysics give us the *unfailing method*. So that there is now no excuse for us who know how to breathe. *Truly, Breath is LIFE, and the more the student is able to study matters pertaining to the beautiful machine that he operates day by day, the more rapid will his progress be towards the Grand Illumination.*

### *(d) We Must Build Life Conditions*

● When you have learned all about your own body, you will be more impressed with the wonder of wonders that you behold—but what will strike you most forcibly is that all this work in your wonderful body goes on, for the most part, primarily in the subconscious—that is, YOU ARE UNCONSCIOUS OF IT.

● *We are starting out to so know our own body that we will "mould it nearer to the heart's desire," and we shall build perfect temples. Yet we do mould it all the time, whether we know it or not. We shall see later on in these lessons, however, how most of us subvert the Stream of Life and build NEGATIVE conditions, instead of going with the Stream and building POSITIVE conditions, which mean Health and Beauty, Strength and Power. Let us rejoice that we are already building into ourselves positive conditions which will oust from our consciousness the Negative which makes for Disease, Decay and Death.*

● IN YOUR MEDITATIONS YOU HAVE ALREADY STARTED THE WORK OF DESTROYING THE NEGATIVE AND BUILDING THE POSITIVE. LET US CONTINUE THE GOOD WORK AND VERITABLY BUILD A TEMPLE FOR THE "LIVING GOD."



### *(c) Our TRUE NATURE: How We Are Deceived*

- You have learned that you are the Abstract Principle of Embodiment. You also found that you are standing to the Universe as a center to a circle. Let us further consider that point from another angle.
- The Universe is a unit comprised of many parts. You cannot think of TWO UNIVERSES. If I am one thing, the UNIVERSE another, then there would be "I" and "The Universe," and it would not any longer be a Universe but a Multiverse.
- I am by this means led to know that without me the Universe is no longer a universe. It must, therefore, depend upon me for its existence. Not only I, but every other "I" can make the same claim. In a word—

#### I, THE CREATIVE SPIRIT, AM THE CREATOR OF THE UNIVERSE.

- If any doubt remains in the Mind after thinking of this stupendous truth, it may be removed by further consideration. . . . Just think again:
- The EXTERNAL WORLD that we see about us does not exist for us EXTERNALLY, but INTERNALLY. Take a box as an example: You say that you see a box. What you ACTUALLY see is a square form and a certain color. You do not see the box as it is, but as the sight reflects it from the eye to the Mind (and there is no evidence to prove that any two human beings see the same thing in precisely the same way). What actually takes place is that the color, which is the form of a square, is vibration which impinges on the eye, and causes there a sensation of color and form, which passes along the nerves to the seat of vision in the brain—and so I see the box WITHIN ME.
- NOW, THIS IS TRUE OF ALL THAT WE SEE—THIS IS TRUE OF ALL THAT WE SEE!
- I close my eyes and thus shut off the millions of vibrations that enter my eyes from the outside—that which I call the Universe.
- WE ARE DELUDED BY THE SENSES AS TO THE REAL NATURE OF LIFE. Our REASON is deluded by the Senses. Just as we find that we are deluded by the Appearance of the Universe Outside us, so we are deluded by the Appearance of Death.
- DEATH IS NOT SOMETHING THAT COMES FROM WITHOUT—BUT FROM WITHIN.
- "And I pledge myself, I Vow, that from this moment henceforth NOTHING shall enter my memory . . . no idea of Negation of whatsoever kind, no idea of Disease, Decay, Senility, Old Age, Disappointment, Doubt, Failure, Death . . . NOTHING shall enter my Memory but that which is unison with ALL GOOD and MY OWN VERY HIGHEST CONCEPTION OF TRUTH."

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### **ADD TO YOUR MEDITATIONS**

#### **Denial**

**DEATH IS NOT A PRINCIPLE IN NATURE.**

#### **Affirmation**

**I AM LIFE. I AM THE CREATIVE SPIRIT—RADIANT—BEAUTIFUL—STRONG—GLORIOUS—ANIMATE—ENERGY—FORCE—LIFE—ETERNAL LIFE.**

- SIT STILL, VERY STILL, AND PEACEFUL, AND HAPPY. GET THE HABIT OF LISTENING WITHIN—DO IT TONIGHT WHEN YOU MEDITATE. DO NOT STRAIN—SUCCESS DEPENDS UPON ABSOLUTE RELAXATION. RELAX THE MIND AS YOU RELAX THE BODY.

PEACE BE UNTO YOU—END OF TENTH LESSON

*Written in Faith by Edwin J. Dingle,  
Los Angeles, California, U.S.A.*

## PROGRESS TEST PAPER—No. 4

If you have made a careful study of your Spiritual Breathings and your latest Lessons, you are prepared to answer the following questions.

You are advised to most carefully fill in your answers to these questions, so that you may build into your consciousness more deeply that which you have learned.

Do this on the seventh evening. Do not destroy this Progress Test Paper, so that later—perhaps in years to come—it will serve as a guide in reviewing your unfoldment along The Path; and also enable you to complete your full Examination Papers which come to you with your 26th Lesson. Peace be unto you.

*Ding Le Mei*

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### BREATHINGS:

- (1). *What does Correct Breathing do for the INTERNAL ORGANS?*.....  
.....
- (2). *What do occultists say is THE SUBSTANCE FROM WHICH ALL LIFE IS DERIVED?*  
.....
- (3). *As a student what must you TRY TO VISUALIZE?*.....

### DOCUMENTARY LESSONS:

- (1). *Of what should you gain AN IMPERISHABLE IDEA?*.....
- (2). *What is it that FLOODS YOU FROM HEAD TO FOOT?*.....
- (3). *What is A PRINCIPLE IN NATURE?*.....
- (4). *What does DING LE MEI wish in your studies?*.....
- (5). *Of what is this Lesson the SECOND PART?*.....
- (6). *What is the SOUND OF THE UNIVERSE?*.....
- (7). *What is the EVERLASTING TRIANGLE OF LIFE?*.....

### GENERAL:

- (1). *Have you conscientiously followed all instructions?*.....
- (2). *Are you genuinely interested in scientifically building your Body?*.....  
.....
- (3). *Do you feel that you are succeeding in doing so?*.....
- (4). *Are you mastering the art of Meditation so that you are able more easily to enter into an abstraction?*.....

### PERSONAL REMARKS:

.....  
.....  
.....



"BETTER THINE OWN WORK IS, THOUGH DONE WITH  
FAULT, THAN DOING OTHER'S WORK, EV'N EXCELLENTLY."  
—FROM THE BHAGAVAD-GITA.

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TO THE STUDENT—Regarding inquiries:  
When I was in my Temple over in Tibet, I often  
went to my old Master to ask him a question.  
His answer seldom varied: "GO—AND FIND  
OUT!" It took me some time to realize that he  
was teaching me to do my own thinking . . . I  
pass the suggestion along to you—not that I wish  
to discourage you from asking pertinent ques-  
tions concerning anything in these Teachings  
that may seem obscure. On the contrary, I want  
to see you take a lively interest in these Lessons.  
So make this your rule: Before asking any  
question, try to see if YOU are able to solve the  
problem in Meditation — many Students ask  
questions and answer them in the same sentence.

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"WHEN THY FIRM SOUL  
HATH SHAKEN OFF THOSE TANGLED ORACLES  
WHICH IGNORANTLY GUIDE, *then shall it soar*  
*To high neglect of what's denied or said,*  
*This way or that way, in doctrinal writ.*  
TROUBLED NO LONGER BY THE PRIESTLY LORE,  
SAFE SHALL IT LIVE, AND SURE; STEADFASTLY BENT  
ON MEDITATION."—FROM THE BHAGAVAD-GITA.

## PROGRESS TEST PAPER—No. 5

If you have made a careful study of your Spiritual Breathings and your latest Lessons, you are prepared to answer the following questions.

You are advised to most carefully fill in your answers to these questions, so that you may build into your consciousness more deeply that which you have learned.

Do this on the seventh evening. Do not destroy this Progress Test Paper, so that later—perhaps in years to come—it will serve as a guide in reviewing your unfoldment along The Path; and also enable you to complete your full Examination Papers which come to you with your 26th Lesson. Peace be unto you.

*Ding Lee Mei*

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### BREATHINGS:

- (1). Name in two words the meaning of PRANA.....
- (2). What is it that uses PRANA as energy?.....
- (3). In what forms does the SOUL use this energy?.....

### DOCUMENTARY LESSONS:

- (1). What are we advised to DISCARD?.....
- (2). Through what course do YOU DISCOVER that YOU are WHATEVER THE CREATIVE SPIRIT IS? .....
- (3). In what three ways do we know that the Creative Spirit is ALL-PERVADING?.....  
.....
- (4). In the process of building Man how long does CREATION go on?.....
- (5). What do you go through on your way to RIGHT UNDERSTANDING?.....
- (6). What is the next step to RIGHT UNDERSTANDING?.....
- (7). Before what POWER should you stand in REVERENCE?.....

### GENERAL:

- (1). Are you improving in your Breathings?.....
- (2). Do you see the importance of always having your nostrils clear?.....
- (3). Do you watch your posture during the day?.....
- (4). What is your principal physical weakness, if any?.....

### PERSONAL REMARKS:

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## INITIATE GROUP

Issued from the Office of The Preceptor Emeritus of The Institute of Mentalphysics,  
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# YOUR ELEVENTH LESSON

### (Eleventh Week)

**TEACHER TO STUDENT:** *In recent lessons we have referred somewhat to Physiology. The student is advised to take up the study if he has time and inclination to do so, for the more we can learn about the operation of the forces of our own body the better will we be able to appreciate the effects of those forces. In Mentalphysics we are only concerned with physiology insofar as it is related to our subject.*

### "THE GREAT ILLUSION"—FIRST PART

● You will remember that we referred a lesson or two back to a box. Let us now revert to that idea.

#### *(a) Man Under the Dominion of His Senses*

● What is true of the box and the way in which we deceive ourselves by thinking we are actually looking at the box when we are merely looking at a square form and a certain color, is true of the whole universe in relation to ourselves. *Man is under the dominion of his senses, and it is here that the Great Illusion takes place.*

● We do not sense things as they *are*, but only as they *appear*, and (as I said in an earlier lesson) there is no evidence to show that two people—you and I, for example—sense an object in the same way. *As we are, so they appear.* The senses are the avenues by which the Mind observes Phenomena, and as we do not sense things as they are the Mind has to correct our observations or interpret them. In the last lesson, for example, we saw that the illusion of the Universe existing externally has to be corrected by our reason. Very few of us receive this correction, and so we continue all through life to have a false idea of the reality of things.

**IMPORTANT:** *Take the sight as an instance. We all see things upside down, and the Mind has to correct this, placing the images in their proper position. Think long on this, and then you will grip the idea that we are deceived constantly by our senses. We look at the sun and see an orb about the size of a dinner plate; yet we have only to think for a moment to realize that the Sun is of enormous proportions and millions of miles away. The horizon appears quite near, yet we know by experience that it is nowhere. We see the sun rise over the horizon, but ages passed before man's reason discovered the Sun did not rise. These are but a few of the deceptions of sense.*

● IN LIKE MANNER WE ARE DECEIVED INTO THINKING THAT WE WERE "BORN BUT TO DIE," OR "BORN BUT TO FAIL." THIS IS A GREATER ILLUSION EVEN THAN THAT OF THE SUN RISING. AND WE—WE STUDENTS OF MENTALPHYSICS—HAVE YET TO CORRECT IT AND BE EMANCIPATED FROM IT. THE PURPOSE OF MENTALPHYSICS IS TO ASSIST US IN THE PROCESS OF EMANCIPATION. LET US, THEN, THINK THE THOUGHTS WE HAVE A RIGHT TO THINK.

## BREATH No. 6: THE CLEANSING BREATH

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(Commence with two breaths; increase gradually to seven breaths.)

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Stand erect as before. This is a "difficult" exercise, and care must be taken to do it properly to gain full benefit. Buttocks tight. Feet firm on ground.

- (a) With the body perfectly straight, place the arms (stiff) behind the back as far as possible, with the thumbs crossed. Inhale a Complete Breath (you will have the feeling that the expanding chest is "pulling" the arms apart). Hold the buttocks and legs firm.
- (b) Now, slowly bring the arms (stiff) to the sides, palms downward. Raise the arms and hands firmly in front, with a sense of pulling the shoulders. Take them straight up over the head and around again to the original position. Do this three times, not allowing any breath to escape, and having the body rigid.
- (c) Then bring the arms to the sides, standing firm, and exhale vigorously through the mouth. Inhale and relax, repeating mentally your own spiritual affirmations for this Breath.

### WATCH ILLUSTRATIONS

*If you have not yet been informed, you are now advised to make inquiry regarding the "Voice of Ding Le Mei," a set of private recordings of the affirmations following each of our Mentalphysics Spiritual Breathings. You should write to headquarters in Los Angeles, 213 So. Hobart Blvd., Los Angeles 4, California, for you are now eligible to receive them.*

### Spiritual Work

## BREATH No. 6: RELAXATION EXERCISE

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*"The success of this Breath depends entirely upon your ability to relax. Relax entirely . . . coming right down!"*

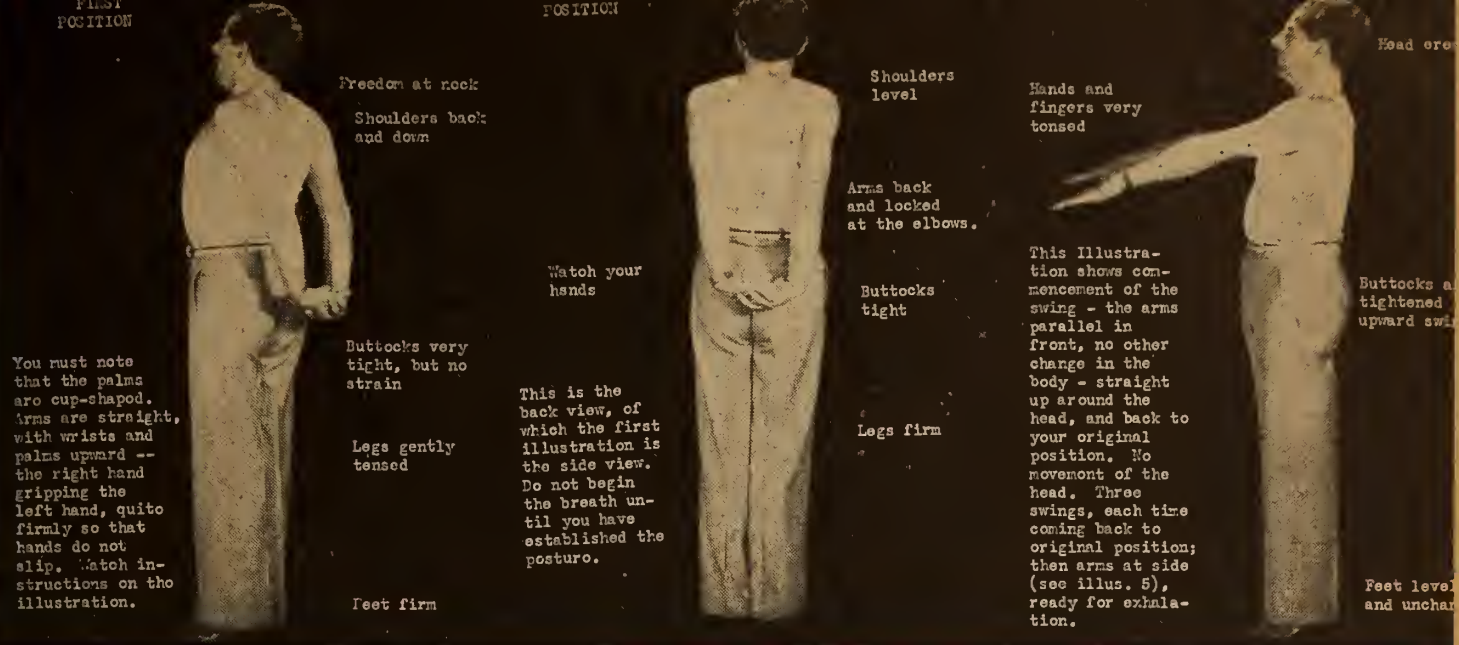
*"And now I imagine a Great Heat at the base of the spine . . . it's coming up! It's coming up . . . up . . . up—"*

*"And now I imagine a Great Light that comes from the Flame, that comes from the Fire that gives the heat . . . the fire of the Divine Love within me . . . it's coming up and out—up and out—up and out . . . it strikes upon the surface of the Body—it seems to go beyond the Body . . . up and out . . . up and out!"*

*"And I THINK OF THE TOP OF MY HEAD! . . . and I SEE MY WHOLE BODY FULL OF LIGHT . . . LIGHT . . . LIGHT! . . . The Light of the Divine Wisdom that is in Every Living Thing!"*

*"And now, ever so gently, not letting myself know it, I take a little breath and a long, deep, sweeping sigh—and now I lock it up as I take another little breath and a quick sigh."*





### FIRST POSITION

### SECOND POSITION

### THIRD POSITION

Correct Position: Feet level, ankles firm, calves tight, knees snapped back, thighs firm, buttocks firm (most important), spine straight, arms locked as in the illustration . . . and head erect.

In this position you inhale gradually and deeply; when every air space is filled, gradually unlock the hands, not relaxing a single muscle, to prepare for swing. Be sure that buttocks are tight.

Be most careful that you engage correctly in the three swings—holding the arms parallel, bringing them to the front, then up above the head, then back to position—watch! Feet are level and unchanged.

## BREATH No. 6—THE CLEANSING BREATH

No breath in the whole of the series is more efficacious in teaching the serious student how to feel and how to direct the finer currents within his body. "The heart-throbs of the Eternal Spirit pulsate through us."



### FOURTH POSITION

### FIFTH POSITION

### SIXTH POSITION

There is much to watch in this Breath. This position shows how you are to come back after each swing, except last, when hands are at sides, preparatory to the exhalation. You exhale before you relax.

This is the most important position of all—preparing to exhale. Thoroughly empty the body of air, but do not drop the head or the chest—commence relaxation after inhalation following exhalation.

In your Relaxation do not let down too fast. Take your time, and restrain your breathing—do not let it come in and out too quickly. If you control your breath in this way, you will feel more of the life force.

### *(b) "To De-hypnotize the Mind From Its Sensuous Enmeshment"*

● Now, the average person is quite unconscious of the fact that he can know anything except that which is received through the senses. *He is just as ignorant, too, that his senses are deceiving him every moment that he lives. He is subject to this constant betrayal. And this must unfortunately continue until such time as he is able to realize what his senses are doing with him. It is not only the sight, but all the senses are in the same state—betrayers all of them.* How frequently do we hear people say, "Oh, how beautifully those flowers smell." Reason dictates, however, that flowers do not and cannot smell. (Do you notice the importance of "Right Speech"?)

● If you will sit and think a little you will find that there are thousands of similar apparently unimportant deceptions of mind created thus by the senses. During the next day or two watch the conversation of yourself with other people and see how many things we say which are not correct, and our minds are deceived.

● So we see that the Mind is enslaved, deceived by these expressions into a state of auto-hypnosis. It would be easy to fill volumes with evidence of the Illusion of the Senses. Here we will admit it and pass on, recognizing that just as we correct our idea of the Sun rising, so we are to correct our present ideas of our own very existence and our own powers. We have supposed that we live in our senses; thus, unless our senses are being occupied in some pleasing manner, we are unhappy, some people even quite miserable, not knowing that *WE ARE MIND, and the senses merely the avenues by which we are related to the world of objects other than ourselves.* This does not mean that we are to decry or belittle the senses as something bad or useless. No, the senses are a part of us, but not the REAL part. Our duty in these Lessons is to *EMANCIPATE THE MIND* from their dominant control. *INSTEAD OF THE SENSES MASTERING THE MIND, THE MIND MUST MASTER THE SENSES.*

● **BUT THE MIND CANNOT BE MASTER UNTIL IT RECOGNIZES ITS POWER. JUST AS THE HORSE WILL REMAIN THE SERVANT OF MAN BECAUSE IT IS NOT AWARE OF ITS SUPERIOR STRENGTH, SO MAN WILL REMAIN A SERVANT, BEATEN ABOUT WILLY-NILLY BY ANY WIND THAT BLOWS, UNTIL HE REALIZES THE GLORY OF THE HIGHER POWERS OF THE REAL SELF OF HIM. . . .** "To de-hypnotize the Mind from its sensuous enmeshment and to awaken it to the consciousness of its real inheritance—OMNISCIENCE—means Eternal Life, here and now."

### *(c) Idea of Pervasion*

● Let us now go back a little. In our Meditations we found

(I) That we are the Abstract Principle of EMBODIMENT.

(II) That we stand to the Universe as a center does to a circle.

● Now we go on to obtain an idea, a correct idea, of Pervasion, that is the ALL-PERVADING. We cannot think of space except by means of objects, these being relative one to another—one object here, another object there, gives us our idea of space. *Yet we know that space is filled with substance; we get that truth from the lesson on Prana.* The light from the orbs of heaven travels through this substance, called Ether. There is no place where it is not. Turn back to the introduction to our Scientific Breathings, and we find that this substance, the Soul of all Energy, this Prana, is universal, All-Pervading. Stop a moment and think. *Try to get into the Mind that truth about YOU being in the sea of Prana; get the idea so strongly as to identify yourself with it in such a way as to feel that you, too, are all-pervading. When you say this you are telling the truth.*

● In previous lessons we have learned that the Universe is *within us*, and not outside as we commonly suppose. This, of course, does not mean that there is no external Universe. There obviously is. But we know it only by our perception—we *cognize it within.*



It therefore exists for us *in the Mind*, made up by a mass of ideas. *And since we made all the ideas that compose our own Mind, then we see the Universe AS WE ARE and not AS IT IS.* Can you see the reason in this? If not, try to reason it out for yourself. For it is very important that this conception of things should be firmly lodged in the mind, as without it we shall have difficulty in adjusting ourselves to the Reality of Things.

● **THINK OF IT IN THIS WAY:** The only knowledge our vision gives us of the **Sun** is a sensation of light; this is stored up in our memory. Every time that we look at the **Sun** our idea of it is added to. Therefore, so far as we are concerned, the **Sun** only **exists** as an idea. Hence we find that the **Sun** is a *mental concept*. Now, what is true of the **Sun** is true of *all other objects*, since we see them in the light of the **Sun**. And so we see that the whole of the external Universe **exists** in **Mind**—in our **Mind**—and so we are led to see that we pervade the whole of it.

● If this line of reasoning is clear to you, you will at once arrive at an idea of the **ALL-PERVADING** as applied to yourself. When we realize this as a conviction, we identify ourselves with the **OMNIPRESENCE**.

NOTE: Sit and meditate on this: I now occupy this chair. The chair is in the room—I occupy the room. The room is in the house—I occupy the house. But the house is in the city—I, therefore, occupy the city. The city is in the state—I occupy the state. If the first is true so is the last, so I extend the idea to the country—to the continent. It may seem a stretch of the Imagination, yet is none the less true that I occupy the Earth. Am I not sitting, standing, walking upon the Earth? It is but another step in the reasoning to assert that I occupy the Universe. IF THE PROPOSITION THAT I OCCUPY THE ROOM IS TRUE, THEN SO IS THE LATTER PROPOSITION TRUE.

### *(d) A Beautiful Truth*

● In earlier lessons we saw that "Whatever the Creator is, we are." We do not doubt that the Creator is Omnipresent. Therefore, we too must be Omnipresent—*whether we realize it or not*. The idea propounded in the last paragraph of "occupation" teaches us to realize that we are like the Creator, **ALL-PERVADING**.

● By persistent Meditation upon this, we come to see ourselves as *we are* instead of how **WE APPEAR** to be. We see ourselves **IMMORTAL**, **IMPERISHABLE**, **LIMITLESS**, **SELF-CONTAINED**, **SELF-EXISTENT**, One with the **ESSENCE OF LIFE**. Or, as Jesus said, "I and My Father (source) are One" (and the same thing).

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### **ADD TO YOUR MEDITATIONS—AFFIRMATION:**

I AND THE CREATOR ARE ONE	I AM IMPERISHABLE
I AM THE CREATIVE SPIRIT	I AM SELF-EXISTENT
I AM IMMORTAL	I AM ALL-PERVADING

**IMPORTANT:** You are now getting to the state where tremendous truths will rapidly unfold to you. You are required to be **SILENT** upon these things. Discuss them with no one—**GO, AND TELL NO MAN**.

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### *(e) More About the Senses*

● **ENOUGH HAS APPEARED IN THIS LESSON SO FAR TO SHOW US THAT MAN IS PECULIARLY LIABLE TO MISINTERPRET THE PHENOMENA AROUND HIM. OBVIOUSLY, THEN, WHAT WE HAVE TO DO IN MENTAL-PHYSICS IS TO CORRECT THIS ILLUSION, SO THAT WE MAY KNOW THINGS AS THEY ARE AND NOT AS THEY APPEAR.**

● When we perceive a thing through the senses we say that we are conscious of it—that *is, we cognize it through the senses*. The senses themselves do not perceive, that is, **KNOW**. The act of perception is done by the **KNOWER, the Mind**. This could be explained much more technically than this, but for our purpose it is sufficient to state that perceiving is done by the **Mind**. We know that every particle of our body is connected



up with a very fine network of nerves. If you want to see how intricate they are just put the point of the finest needle on your skin anywhere, and see that as quick as you can imagine anything that prick is reported to the brain.

- It is true to say that a man is "all nerves". The great receiving station is situated in the brain. When anything is wrong in the body it is known at this particular station. There we are warned of danger, whether it be within or without.

- We have seen that Man is a little universe—a Microcosm, but a part of the Macrocosm. We can put it in a simpler way. We can say "Me" and "Not me." Man is conscious of a "Not me" through the senses. He sees the sunshine; he feels that the day is warm, and so on, and then we can say that he is conscious of the Universe. But he also feels and sees his own body, and is thus conscious of himself, when we say that he is self-conscious. All ideas that enter through the senses are first cognized, then perceived, and then they sink into that department of the mind which we call the Subconscious Mind.

- Now, the capacity to receive and store ideas in the Subconscious Mind is UNLIMITED. It is important to remember this. Over and beyond this there is a department of feeling that is not sense-feeling; this is the Emotion Centre. For instance, we feel love for others, for objects about us, for our country, etc. WE LOVE THESE OBJECTS THAT CAUSE US PLEASURE. OBJECTS OF SENSE ARE ALL THE TIME BEING TRANSLATED INTO TERMS OF EMOTIONS—FOR INSTANCE, WE LOVE TO HEAR BEAUTIFUL MUSIC, AND SO FORTH. WE DO NOT STOP TO ASK WHY THIS IS SO, BUT WE KNOW THAT IT GIVES US PLEASURE, AND WHEN WE ANALYZE THAT PLEASURE WE FIND THAT IT IS THE EMOTIONS THAT ARE DELIGHTED—RATHER, THAT WE ARE DELIGHTED THROUGH OUR EMOTIONS. I WANT YOU HERE TO PARTICULARLY GRIP THE FACT THAT THE PLEASURE IS NOT IN THE SENSES AS SUCH, BUT IN THE MIND, WHERE THE SENSES ARE TRANSLATED INTO TERMS OF EMOTION.

### (f) *Our Senses and Our Emotions*

- Think for a moment that each sense has its own organ—the Sense of Sight, the Eye; the Sense of Smell, the Nose; and so on. But it is not so with the Emotions. They are not located in any organ, but are felt all through the body. For example, some person tells us something that makes us feel joy, and when we think of it *we know that we feel joy all over*. What actually happens is that the message in words is carried over the great trunk line from ear to the brain. There it is translated into pleasure or joy, when it is referred back, so to speak, to every tissue and we literally tingle with joy and delight. IN FACT, THAT WHICH WE HAVE PREVIOUSLY HAD EXPLAINED TO US AS A MAGNET IS LIT UP WITH THE FIRE OF LOVE—IN THIS CASE, JOY.

- You will know also how we can reduce Matter to an ion of ELECTRIC ENERGY. Well, here we find it electrified by the emotion of Joy. *It is vitally important to remember this, for this is the manner in which we are playing on this wonderful electrical instrument of ours all the time. And we are led to see THAT THE GREATER PART OF SENSES ARE TRANSLATED INTO TERMS OF EMOTION.*

- Just as in electricity there are the P and the N poles, so in MAN THERE IS A POSITIVE AND A NEGATIVE. In the case of man we call it LOVE and HATE, Love gloriously positive and Hate destructively negative. BUT LET THIS FACT SINK DEEPLY INTO YOU; IT IS POSSIBLE TO LOVE THE NEGATIVE—many people do. The bearing of this upon our subject will probably be apparent to you, but we shall elucidate this a little more.

PEACE BE UNTO YOU—END OF ELEVENTH LESSON

*Written in Faith by Edwin J. Dingle,  
Los Angeles 4, California, U.S.A.*



# The Institute of Mentalphysics— (First Church of Mystic Christianity)

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## INITIATE GROUP

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Issued from the Office of The Preceptor Emeritus of The Institute of Mentalphysics,  
Los Angeles 4, California, U.S.A.

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# YOUR TWELFTH LESSON

(Twelfth Week)

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## "THE GREAT ILLUSION"—SECOND PART

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### *(a) Imagination and "The Magnet"*

- As you commence this Lesson Twelve, for study during your twelfth week in Mentalphysics, I want you to think quietly upon what you are now to read. Sit comfortably and *think*. Do you remember the note on "Mind-substance"? . . . Refer to pages 13-14-15 of the printed matter that precedes your regular Lessons. You are going to use all the power you have to *think*.
- Sit restfully, thinking about what you have already learned. Think of your Second Lesson ("Entering the Gate"), about your Imagination and your Reason and other departments of your mind . . . read over again Lesson Three . . . read the paragraph in the middle of the first page of Lesson Six . . . refer back to the last paragraph of Lesson Seven.
- Having taken time to look up these references in previous Lessons, then sit and CONSIDER YOURSELF FOR A MOMENT AS "THE MAGNET." ALSO CONSIDER THAT YOU ARE MADE UP IN YOUR PHYSICAL SYSTEM OF MILLIONS UPON MILLIONS OF CELLS—THAT YOU ARE THE GENERAL IN CHARGE OF MANY ARMIES OF CELLS THAT WILL WORK FOR YOU ALL THE TIME IN THE WAY THAT YOU DIRECT. The Magnet is operating, obviously, upon all these atoms, ions, that compose your body, every moment that you live. There is no moment out of the whole 24 hours every day, sleeping or waking, when THE MAGNET IS NOT IMPRESSING ITS IMAGE UPON THE PHYSICAL PARTICLES OF YOUR BODY, THE CELLS.
- Now, *THIS IS JUST WHERE MAN MAY TRIUMPH.*
- Think carefully as you read about this. You may tell a horse that it is stronger than its rider for ten years, but the horse would be no wiser. The horse has no power of imagination—MAN HAS. He imagines a city, and he builds it! A railroad, and he lays it! A flying machine, and he makes it! A majestic opera, and he performs it. *THIS IS THE HUMAN FACTOR.*

NOTE: Most of these things that Man has conceived were at some time or other "the Impossible." Iron did not float until the Imagination of Man made it float. This writer was once fifteen hundred miles in the interior of China, telling the men in his caravan that they would soon come to a river where they would see iron ships floating on the river. To a man they pooh-poohed the possibility of such a miracle. "What," they cried, "we have been builders of ships for many centuries, and KNOW that they can only float if made of wood!" I duly came to the river, and taking them in a small Chinese wooden boat, pulled out alongside an American gunboat, and tapped the iron sides of it with a small hammer to prove to these men that iron DOES float. They were amazed, and as you read this there are countless millions of people in the world who do not yet know that iron will float. But every American schoolboy will tell you that it floats!!!



● Again, water had boiled for millions of years until one day a THINKER caught it in his imagination, *harnessed the power and revolutionized a world.*

● The forces of Nature are blind forces—LAWS; *they act always in the same way.* For this reason we call them LAWS. BUT THE HUMAN FACTOR, IMAGINATION, can use Nature's laws to its own advantage every time *when it knows how.* There is nothing that is "impossible" today. The very word is gradually being eliminated from our dictionaries, for *what* can defy the transcending Imagination of Man, made "in the image?"

### *(b) Man and The Realm of Mind*

● A lady walked into The Institute of Mentalphysics in New York a year or two ago, and was so deaf that I could not make myself heard in the slightest. As she could not read my writing nor read my lips we made little progress. I then told her that she had better get her husband and let him interpret for her—all that I could ascertain from her was that she desired to get her hearing back.

● She went away, bringing her husband back with her later. He told me that she had been deaf for a very long time. They had been all over the world, and had spent a great deal of money in their endeavor to get her to hear again. They asked me whether I could cure her. My reply, of course, was that I could not cure her, but I told them that I could show them the way whereby she could contact the Universal Power of Love within her, and that I believed that if she did what I would teach her to do, she would regain her hearing. She became a student. In a very few weeks she began to hear. Today her hearing is completely normal. At the end of the teaching, when she was compelled to go to another part of the country, she came to me, and with tears in her eyes, said to me: "Ding Le Mei, I came into Mentalphysics to regain my hearing, which I have done . . . but I have done more than that—I HAVE FOUND MY GOD."

● NOW, MY BELOVED STUDENT, YOU MAY NOT HAVE ANY SUCH DISABILITY TO FIGHT AGAINST AS THE STUDENT ABOVE QUOTED. YOU MAY NOT EVEN BELIEVE IN GOD, FOR YOU MAY NOT HAVE KNOWN WHAT GOD IS. YOU MAY NOT LIKE THE USE OF THE VERY WORD, AND I WILL AGREE WITH YOU—FOR THE VERY WORD CONJURES UP BEFORE THE MIND PICTURES OF A PERSONAL BEING, THE ANTHROPOMORPHIC GOD WHICH WE ALL WANT TO GET AWAY FROM.

● But have YOU "found your God?" If you have, it was through the power of your Imagination that the discovery came to you. Our Imagination IS the power of the CREATOR within us, and so we should cultivate it in the way that you are being directed in your Lessons. As I have said above, the forces of Nature are blind forces—they ALWAYS act the same way. There is nothing that is impossible. From the earliest times man has felt the possibility of Immortality, but no man has ever lived "forever"—though there is evidence to show in the occult schools of the world that Man (that is, some men), have been able to use their power to live as long as they desire.

● BUT MILLIONS OF YEARS PASSED BEFORE THE FORCE IN THE KETTLE WAS TAPPED, AND PRESENTED TO A WAITING WORLD — ASTOUNDED THEN, NO LONGER ASTOUNDED TODAY!

● MILLIONS OF YEARS PASSED BEFORE THE AUTOMOBILE AS WE KNOW IT TODAY WAS BUILT AND USED BY MAN—SO WITH THE AIRPLANE, SO WITH THE RADIO, SO WITH A THOUSAND OTHER MARVELS OF MEN'S TIME WHICH TODAY HAVE BEEN RELEGATED INTO THE LIMBO OF THE COMMONPLACE.

● Now it is for us who BELIEVE to do with Immortality what Man has done with the engine. CONCEIVE ITS POSSIBILITIES! THEN TURN THE FIRE OF THE IMAGINATION UPON IT AND MAKE IT A REAL THING—Let us LIVE AS LONG AS WE DESIRE TO LIVE, AND ACHIEVE ALL WE DESIRE TO ACHIEVE.



### *(c) "God" is Creative Intelligence*

● "Achieve All We Desire to Achieve." CAN we do this? You naturally ask yourself whether it IS possible.

● Some years ago, on December the fourth, a well-to-do lady came to me for advice. It was in New York. She was crippled up with a rheumatic condition, and could hardly do a thing for herself. She came into my study all muffled up, cold, unhappy, though she had all the money in the world to buy what she wanted. She wanted health. She had tried everywhere, but all had failed, and she was almost settled down to the belief that nothing could be done for her. She was probably no worse disposed towards the Universe than you are. After talking with her, I told her that if she would DO what I would teach her and show her how to do, she would be dancing on New Year's Eve. She brightened up considerably—oh if only . . . if only she could do this!

● Well, she carried out to the letter the demands that I made upon her. She disciplined herself in everything that had been her weaknesses. She became a wonderful student. Every day she saw improvement. She was transformed from a human being whose Light had almost left her to a thing of beauty and happiness. She worked with a will, and counted her pain as a blessing. I could write a book on this one student and what she did for herself. All that I need say here is that on December 31st she danced nearly all night long—at Atlantic City. This was largely the power of her Imagination, causing her first to believe that it could be done and that she could do it, and then to work so that she would learn the way to do it. To do what? To find the Creative Intelligence within herself, and then to learn how to use it and be used by it.

● JUST AT THIS STAGE OF YOUR TEACHING YOU MUST BE ZEALOUS. YOU HAVE LEARNED A GREAT DEAL DURING THE PAST FEW WEEKS. BUT A LITTLE KNOWLEDGE IS ALWAYS DANGEROUS.

● You are now to be led into the mysteries of Man's Mind. Your next Lesson is your introduction into The Realm of Mind. You have a wonderful time ahead of you. I hope that you will work this week with great zeal and joy—that you will FEEL that you have contacted the very Wisdom that propels this Universe — that it is WITHIN YOU, and you have learned to be so still that you can FEEL IT AT WORK WITHIN YOU. Looking back, I would like you to ask yourself whether you have maintained that zeal that you felt at the start. Have you proved to yourself that you have what it takes? Are you satisfied and grateful with the progress that you are making? On the one side, are you faithful with your Breathings. On the other, are you regularly giving to the Meditational side of your practice the hour a day that you promised yourself when you started? If you are regular in your practice SUCCESS IS ASSURED, but if you are just one of those ordinary people, who mostly are only prepared merely to nibble at this and nibble at that, I want to inspire you to make a vow with yourself that during the next few weeks you will be more faithful and more happy and more grateful.

● You are to find out practically and in a manner that you will be able to USE that that which men call "God"—the Intelligence of the Universe which is always at work. Your Lessons will become much more useful to you, but unless you have faithfully PRAC-TISED you will not be able to understand what they mean—though intellectually you may think that you know. Unless you have learned what has so far appeared in your Lessons, learned it in a manner that it has become a part of your new consciousness, you will not be able to derive all the benefit that you should from that which will come hereafter.

● Therefore, BE STRONG. BE FAITHFUL. RENEW YOUR PROMISE TO YOURSELF, and go forward with new zest and zeal.

● I close this Lesson with a copy of a letter that was received from a student who had

been in Mentalphysics for only five weeks. This is it in part:

"Dear Ding Le Mei:

"It is in the spirit of thankfulness and appreciation I write to tell you the things that have happened to me in five weeks of Mentalphysics.

"Before I met you, my mind was a very choice piece for the Chamber of Horrors. I suffered from insomnia, over indulgence in everything. I was broke; I had no faith in anyone or anything. In fact, I had nothing but a good body on which to work. I went to work. The old me has practically if not completely disappeared. The new me is the ideal person I used to picture to myself, the person I used to deny to myself.

"The first question I asked the Circle was that I might find a little mental peace. THAT I found immediately after my first class—and I will never lose it now.

"I have a sister who has been ill for two years. With relapses and the doctors making incorrect diagnoses and contradicting each other, she had made no headway in her recovery. A speedy recovery was the next thing I asked of the Circle. A few days later I, in meditation, saw her high in the mountains. There were screened cottages, sun and forests. I accepted the picture as a fact. Within a week after asking the Circle to work for her she had been examined by a very famous specialist who happened by chance to be in the hospital one day and he sent her immediately to a sanitarium high in the mountains, where she will receive every attention and complete rest. In comparison to the time she has been ill, her recovery will be rapid. After two years of uncertainty and fear, she is finally happy.

"Being broke, I asked for substance. I used the banks and tithed regularly. Instead of asking for money I believed it was on its way to me. I saw it coming. Thursday morning I was practically penniless. Thursday afternoon my bank called me saying they had received by cable for me \$250.00. Friday morning I received a telegram from Europe saying an investment I made two years ago was successful. If this is so, it means that I will be financially independent for the rest of my life and I am not denying it to myself.

"I have asked for work, in meditation I was instructed to change my residence and my agents. I have moved and I have new agents working very hard for me. I am being considered for so many GOOD jobs right now that it's astonishing, and yet—not astonishing—as I AM in Mentalphysics.

"I do not know that I am a GOOD student but—I WILL to be one. I know that the fineness and the beauty I am finding now I will never lose, for it's right inside and a definite part of my being.

"Thanks to you.

Gratefully,

(Signed) MICHAEL WHALEN."

PEACE BE UNTO YOU—END OF TWELFTH LESSON

*Written in Faith by Edwin J. Dingle  
Los Angeles 4, California, U.S.A.*



# The Institute of Mentalphysics— (First Church of Mystic Christianity)

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# YOUR THIRTEENTH LESSON

## (Thirteenth Week)

*NOTE: We have been engaged in the uncovering of Truth as expressed in this Initiate Group Course in Mentalphysics for twelve weeks—this thirteenth lesson is for the thirteenth week. Looking back, I would like you to ask yourself whether you have maintained that zeal that you felt at the start. Are you satisfied with the progress you are making? On the one side, are you faithful with your Breathings? On the other, are you regularly giving to your Meditational side of this study an hour a day that you promised yourself when you started. If you are regular in your practice SUCCESS IS ASSURED; but if you are just one of those ordinary people, who mostly are only prepared to nibble at this and nibble at that, I want to inspire you to make a vow with yourself that during the next few weeks you will be more faithful than during the last.*

*The lessons are now going to become much more useful, but unless the student has learned all that has so far appeared, learned it in a manner that it has become a part of his New Consciousness, he will not derive all the benefit that he should from what will come hereafter. Therefore, be strong! Be faithful! Renew your promises to yourself, and go forward with new Zest and Zeal.*

### **"MAN AND THE REALM OF MIND"—FIRST PART**

● In an ancient Oriental book we read: "The hen can hatch her eggs because her heart is always listening. That is an important magic spell. The reason the hen can hatch the eggs is because of the power to heat. But the power of the heat can only warm the shells; it cannot penetrate into the interior. Therefore, with her Heart she conducts this power inward. This she does with her hearing. In this way she concentrates her whole heart. When the heart penetrates, the power penetrates, and the chick receives the power of the heat and begins to live. Therefore a hen, even when she has left her eggs, always has the attitude of listening with bent ear. Thus the concentration of the spirit is not interrupted. Because the concentration of the spirit suffers no interruption, neither does the power of heat suffer interruption day or night, and the spirit awakes to life. The awakening of the spirit is accomplished because the heart has first died. When a man can let his heart die, then the primordial spirit awakes to life. To kill the heart does not mean to let it dry and wither away, but it means that it is undivided and gathered into one."

● The Buddha said: "When you fix your heart on one point, then nothing is impossible for you. The heart easily runs away, so it is necessary to gather it together by means of breathing power. Breathing power easily becomes coarse, therefore it has to be refined by the heart. Breathing alone serves to remove laziness. Although the breath that flows in and out through the nose is not the true breath, the flowing in and out of the true breath is connected with it."

● Jesus the Christ declared that we must "lose" our life to "find" it.

● Man is MIND. That is, mān is actually what he *thinks* . . . he *thinks* himself into what he becomes.



## BREATH No. 7: THE GRAND REJUVENATION BREATH

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(Commence with two breaths; increase gradually to seven breaths.)

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Stand erect as before. See that the spine is perfectly straight. Buttocks tight. Feet firm on ground.

- (a) Place the hands on the hips, gripping tightly. Inhale a Complete Breath. Elbows forward.
- (b) See that the legs and buttocks are stiff. Then bend the neck as far forward as you can without relaxing in any way. There will be a pulling feeling from the neck and the bottom of the spine. Then come back to your original position. Do this three times.
- (c) Then stand erect and exhale vigorously through the mouth (as in all these exercises), thoroughly emptying the chest of air. DO NOT INHALE, but bend forward, then backward as far as possible, forward again and backwards, forward again and backwards. Then, quite rigid still, inhale and relax, repeating mentally your own spiritual affirmations for this Breath.

### WATCH ILLUSTRATIONS

*If you have not yet been informed, you are now advised to make inquiry regarding the "Voice of Ding Le Mei," a set of private recordings of the affirmations following each of our Mentalphysics Spiritual Breathings. You should write to headquarters in Los Angeles, 213 So. Hobart Blvd., Los Angeles 4, California, for you are now eligible to receive them.*

### Spiritual Work

## BREATH No. 7: RELAXATION EXERCISE

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*"The success of this Breath depends entirely upon your ability to relax. Relax entirely . . . coming right down! I feel happy all over!"*

*"I am Youth! . . . I AM Youth! . . . I AM YOUTH!!—Glorious Youth, Wonderful Youth—Radiant, Vibrant, Viracious Youth! Fearless, Achieving, Daring, Conquering Youth . . . full of Courage, Strength, Power!"*

*"I thought My Body wore out and grew old like an old pair of shoes, but NOW I know—as I stand In the Presence—that new cells are being made for me. . . . I am being RENEWED!"*

*"I sing the Song of Conquest—there is No Age For Me—No Decay, No Disease, No Senility—NO DEATH . . . I am FREE . . . free from the ravages of Time, free from All Negation of My Own Mind . . . I am FREE, FREE—YOUNG, YOUNG! I am glad—I rejoice! . . . I AM YOUNG FOR EVERMORE!"*

*"And now, thrillingly happy—giving thanks—I take a little breath and a long, deep, sweeping, sweeping sigh; and now I take another little breath and a quick sigh—and I SIT DOWN YOUNGER!"*

# FIRST POSITION



Elbows forward.

Arms are tensed.

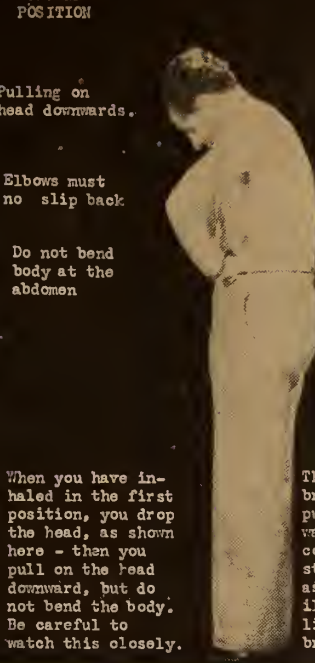
Buttocks tensed.

Legs firm

Shoulders must not be raised - they must be down, and act as an anchor, otherwise the position is the same as in your Revitalizing Breath (refer to it).

First position is important: Stand erect and know that you are erect, then bring hands to hips, and grip firmly over hip bones. Elbows as far forward as possible.

# SECOND POSITION



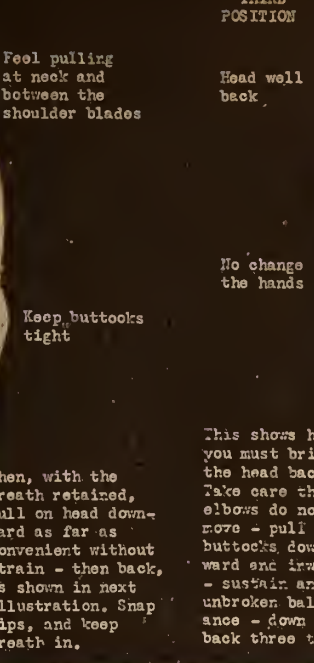
Pulling on head downwards.

Elbows must not slip back

Do not bend body at the abdomen

When you have inhaled in the first position, you drop the head, as shown here - then you pull on the head downward, but do not bend the body. Be careful to watch this closely.

# THIRD POSITION



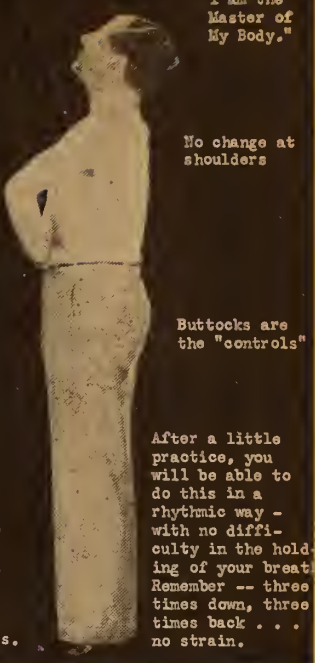
Feel pulling at neck and between the shoulder blades

Head well back

No change in the hands

Keep buttocks tight

Then, with the breath retained, pull on head downward as far as convenient without strain - then back, as shown in next illustration. Snap lips, and keep breath in.



"I am the Master of My Body."

No change at shoulders

Buttocks are the "controls"

After a little practice, you will be able to do this in a rhythmic way - with no difficulty in the holding of your breath. Remember -- three times down, three times back . . . no strain.

## FIRST POSITION

Do not argue with yourself about the Grand Rejuvenation Breath—merely practise it, and you will soon see the good result. Get your first position right before you go further—practise first.

## SECOND POSITION

In this position, you should follow instructions to the letter. In bending head forward, you will feel a pulling sensation at the shoulders—between the shoulder blades. Watch that the abdomen is firm.

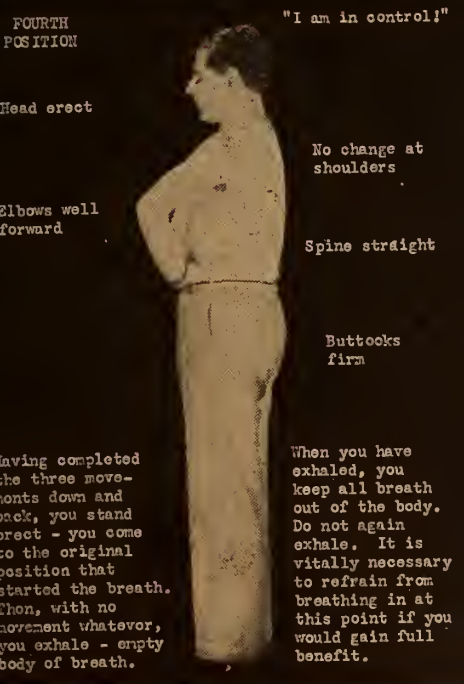
## THIRD POSITION

When you have completed the three movements down and back, you prepare for a full exhalation (see next illustration). In the pull down and back, try to feel a steady even rhythmic movement—no change.

## BREATH No. 7 - THE GRAND REJUVENATION BREATH

Be sure that in all your work you "Go and tell no man". Many people would smile at you if you were to tell them that this great Breath will teach you how to grow young—but it will. Do your work!

# FOURTH POSITION



Head erect

No change at shoulders

Spine straight

Buttocks firm

When you have exhaled, you keep all breath out of the body. Do not again exhale. It is vitally necessary to refrain from breathing in at this point if you would gain full benefit.

Having completed the three movements down and back, you stand erect - you come to the original position that started the breath. Then, with no movement whatever, you exhale - empty body of breath.

# FIFTH POSITION



Watch this illustration, because it is very important to do the work right. The back is CURVED, not straight. As you curve the back, you will feel the pull at small of back.

This is the movement after you have exhaled. You come down, pulling on the head, so that neck is bent, as is also the back. Elbows are kept forward, and you feel a "pull" at the shoulder blades and also at the small of the back - you do not breathe, but keep the breath out all the time, as you swing back to position seen in next illustration - there are three swings.

Legs straight and well tensed.

# SIXTH POSITION



In the backward position, notice that you do not change position of your elbows - they are kept well forward all the time. It is also necessary to see that the buttocks do not relax. Three swings down and back - only as far back as you can comfortably go. NO BREATH IN THE BODY.

## FOURTH POSITION

This is the position that you assume after you have done the three movements. Standing perfectly erect, you exhale evenly but vigorously, letting out all the air in the body, preparing yourself for the next three swings.

## FIFTH POSITION

Remember that you do not allow the slightest breath to come in while you are going through the three downward and backward swings. Try to develop rhythm throughout, so that there is no jerkiness. Elbows forward.

## SIXTH POSITION

After you have gone through all the movements down and back, you stand erect, with no let-down whatever, and in that posture you take a deep inhalation, and as you let breath out you drop the hands. Buttocks firms.



## (a) *The Great Subconscious*

● The above quotations may not be logical to you. You may think that they do not make sense. I have placed them here in the hope that they will make sense to you, but if they do not it does not at this writing matter much. To the man who knows, he will recognize them as a fitting introduction to the Great Realm of Mind.

● When we say that there are TWO minds, we do so for the purpose of clear thinking. There is only ONE MIND, but separate functions of the One. The Subconscious Mind is comparatively a modern discovery of Science, although it has been known under other names in the occult schools for ages.

● Man seemingly has two minds, or at least two distinct phases of consciousness. They are:

- (1) *The CONSCIOUS* (or "Waking" Mind).—This is usually called the Objective Mind. It seems to be the result of external stimuli to organized brain cells in the cortex of the brain directed by incoming or *afferent* sensory impressions. When you "sleep", it sleeps. The Conscious Mind seems to be the analyzer, the comparer, the reasoner, and it acts as a sentinel or watchman at the doorway to the Subconscious Mind. The Conscious Mind reasons from cause to effect. The Conscious Mind is the man at the wheel, the captain on the bridge, the general in the field.
- (2) *The SUBCONSCIOUS* (or Unconscious or Subliminal) Mind.—This is usually called the Subjective Mind. It is present before birth. Though for long scientists said that this Subconscious Mind resided in the Cerebellum and medulla oblongata, it is now generally conceded that it occupies the whole human body. It would seem to be the living, immortal part of man. Unlike the Conscious Mind, the Subconscious never sleeps—it never forgets—its memory is faultless. The Subconscious builds the body—THINK what a power that is, to build the greatest and most wonderful machine the world has ever seen. It keeps the body working—controls breathing, circulation of the blood, and all involuntary muscles when you are asleep as well as when you are awake. It is your Sublime POWER, amenable to control by the power of suggestion (and much more that we shall now learn).

● Now, you reason with your Conscious Mind. Because you see footprints in the wet sand on the beach your experience tells you that someone has walked that way. But when you stay to enquire whether those footprints are those of man or woman, boy or girl, then you are using your reason—the faculty to consider evidence and form a judgment. We then say that you are using your Conscious Mind, for you are conscious of those facts.

● WITH THE SUBCONSCIOUS MIND, IT IS QUITE DIFFERENT. THE SUBCONSCIOUS MIND HAS NO FACULTY OF REASON OR JUDGMENT. THEREFORE, THE CONSCIOUS MIND HAS TO DECIDE FOR IT, BUT THE SUBCONSCIOUS MIND HAS ALL THE POWER TO DO WHATEVER IT IS DIRECTED BY THE CONSCIOUS MIND TO DO.

*Important:*—The bearing of this upon our subject is of the utmost importance. It will readily be seen that whatever the Conscious Mind accepts and decides upon as true, the Subconscious Mind automatically accepts as true without judgment.

## (b) *Impressing the Subconscious Mind*

● Now, in a state of hypnosis the Conscious Mind is in abeyance, or as it is said, in the hypnotic sleep. While hypnotized you may give the subject hypnotized a tallow candle, telling him that it is a stick of candy, and he will eat the tallow, thinking that

it really IS candy. Ask him whether it is sweet, and he will answer that it is, for he believes it, as the Subconscious Mind accepts what you say as the truth. Whether in a state of hypnosis or out of it makes no difference; the only difference is that in the hypnotic sleep the RESULT is more apparent.

● The Conscious Mind is like the captain on the bridge of his steamer; he directs its operations. He (or his substitute) must be there all the time while the steamer is at sea—what for? To direct the power that drives the ship along—which is analogous to the Subconscious. Down in the hold there is a power driving the ship through the water; this is like the Subconscious Mind in you and me. It does the work, provides the energy, the force, that keeps the mechanism of the body at work 24 hours every day for 365 days every year, and for 60, 70, 80, 100 years or more without a rest, NEVER PAUSING or taking a holiday. When it DOES stop, IT DOES SO IN CONSEQUENCE OF REASONS THAT CAN BE KNOWN, CONTROLLED AND AVOIDED.

● The Subconscious Mind starts upon its career of building a human body at conception. Before this it existed in the spermatazoa of the father and the ovum of the mother, and these, in the last analysis are units of electric energy—IONS. (We learned in an earlier lesson that in the final analysis all matter is electric energy.)

● At the instant of conception the Negative and the Positive Poles are attracted, meet, combine, and from that instant the great Subconscious Mind takes charge, and goes to work very deliberately and confidently, for it knows its work, to build a human body. (It would be well for a student to go to a library and follow this great work during the pre-natal period, for there is much to learn from it, and you will be made to stand in reverence before this great power.)

### *(c) The Conscious Mind and the Body*

● The CONSCIOUS Mind grows very slowly, and only when the Subconscious Mind has built the body, and then not for several years does it develop power to exercise the faculty of judgment. During the early years the Subconscious Mind goes on with the work of construction with very little interference from the Conscious Mind—it builds a perfect human form (the word “perfect” is not used in its esthetic sense, for that is a matter of personal opinion). The point is that all the organs are perfectly formed in principle for USES they have to perform. The heart and circulation are so perfect that the brain of Man can conceive of nothing more perfect or superior. *But this remark applies to All the organs—in fact, to the entire body.*

● Can anything be imagined more beautiful in its principle than the eye? Think of the wonder of your skin, with its millions of pores, its capillaries and its network of fine nerves. *THEN LET US STAND IN REVERENT WONDER AT THE WISDOM PENT UP IN THE SUBCONSCIOUS MIND* that has created and then sustained this marvelous mechanism.

● ONE COULD WRITE ON AND ON. ONE STANDS IN THE VERY PRESENCE. BUT WHAT I WANT TO DO HERE IS TO MAKE PERFECTLY CLEAR TO THE STUDENT, SO THAT HE MAY NEVER FORGET, THAT THE INFINITE WISDOM, THE CREATIVE SPIRIT, ACTING THROUGH THE SUBCONSCIOUS MIND, KNOWS NOT ONLY WHAT TO DO WITH EXACTITUDE, BUT HOW AND WHERE to do, and TO MAINTAIN THE DOING AS LONG AS WE LIVE. FOR THINK! IN THE HUMAN MACHINE—THAT MARVELOUS TEMPLE OF THE LIVING GOD, THERE IS A POWER THAT BUILT THE BODY (THE CELLS) AND STAYS WITH IT ALL THE TIME, AND GOES ON WITH THE WORK OF CONSTRUCTION AND REPAIR 24 HOURS A DAY, 365 DAYS A YEAR, AND EVERY YEAR.



### *(d) We Are Not Created in the Human Matrix*

● An important error that most of us have to correct is that of thinking that we were created in the human matrix. Now, that is only partly true. It is true that the foundation is laid there, for the babe is a mature embryo, not a Man, but the foundation that the Subconscious Mind has laid whereon to build the human being. The work of building is going on all the time, to bring into existence a Perfect Human Being the PERFECT WISDOM which is its source being used to perform its perfect work IF WE WILL ALLOW IT AND NOT INTERFERE.

NOTE: The interference starts with the Conscious Mind of the parents and those most near to the child, impressing its Subconscious Mind with the ideas, habits, and traditions of the Conscious Mind of the family and the race. In short, the interference is from the Race Mind.

● Now, we have seen how easy it is to impress our thought upon the Subconscious Mind, for WHATEVER WE TELL IT, IT BELIEVES, HAVING NO FACULTY OF REASON. Do you not see, therefore, this great factor in our lives: That the CONSCIOUS MIND can just as easily direct the Subconscious Mind into CONSTRUCTIVE CHANNELS as into destructive ones.

*AND NOW WE ARRIVE AT THE POINT WHERE WE ARE ABLE TO SEE IN WHAT MANNER THE MEDITATIONS ARE DOING THEIR WORK—MEDITATION SCIENTIFICALLY CARRIED OUT IS MAN'S INFINITE BLESSING. LET US GIVE THANKS.*

● THINK as you read. The Laws of Life are Health, Strength, Wisdom, Beauty, Power, Energy and so forth. These laws are also Eternal. Inasmuch as all the principles are resident in the Subconscious Mind as the result of its conjunction, so to speak, with the Creative Spirit, and as we know that "I am the Creative Spirit," it follows that we are only voicing the truth about ourselves in making these statements. When the Meditation is complete—that is, when we are able to induce the state of abstraction—the Conscious Mind is in perfect harmony with the Subconscious Mind. (We know that the Subconscious Mind believes what it is told without question, so that we see in meditation it is being told the TRUTH, and it immediately sets to work to build the Temple according to the principles that you have claimed for it in the Meditations; and no matter what your Meditation be for, the result is bound to materialize, for the Subconscious Mind accepts without question what you tell it).

● And then what happens?

● AS THESE NEW AND BEAUTIFULLY TRUE IDEAS BECOME PART OF YOUR NEW CONSCIOUSNESS, THE ERRONEOUS AND FALSE IDEAS FADE AWAY INTO OBSCURITY—THEY ARE EXPELLED BY THE NEW IDEAS. WHEN YOU ARE NO LONGER CONSCIOUS OF EVIL, FOR YOU EVIL DOES NOT EXIST. WHEN YOU ARE NO LONGER CONSCIOUS OF POVERTY, FOR YOU THERE IS NONE. WHEN YOU ARE NO LONGER CONSCIOUS OF FEAR, IT SLIPS OUT OF YOUR MIND. IN THIS MANNER WE BECOME FREE OF THE CONDITIONS WE HAVE SET OUT TO OVERCOME.

PEACE BE UNTO YOU—END OF THIRTEENTH LESSON

*Written in Faith by Edwin J. Dingle  
Los Angeles 4, California, U.S.A*



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## INITIATE GROUP

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# YOUR FOURTEENTH LESSON

## (Fourteenth Week)

**NOTE FROM YOUR TEACHER:** *I often wish that I could share my joys with my students, especially in the letters that I receive daily from all parts of the world from Students who tell me that they have found in Mentalphysics THE ULTIMATE, workable, practical, useable philosophy of life. Now, if YOU have found it, you must SHARE IT. THE LAW is that we must give, and give and GIVE—that we must "lose" to "find." I urge you to lose no single opportunity in spreading the Good News of Mentalphysics among your friends. How many have you been instrumental in enrolling—one, three, seven, nine? You may not know what I mean yet, but let me say that not until you have led NINE into The Light can you feel that you yourself are in The Light. This is an occult Law, not a mere idea; not my law, nor yours, but the Law of the Universe. The Institute is a non-profit corporation. It exists—AND YOU ARE AN INTEGRAL part of it—for the sole purpose of helping our fellow human beings to learn the higher laws of living. Therefore, I charge you to do all that you can, never losing a single chance to talk to your friends about Mentalphysics. I shall look to you to send in enrollments during the coming fifteen days. I shall hope that you know that I am not speaking thus for my own sake, but truly for YOURS. It is up to every faithful Student to do his very best.—Ding Le Mei.*

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## "MAN AND THE REALM OF MIND"—SECOND PART

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- The process of living—the mode of living—the A B C of Living is that—  
First, *WE THINK*; Second *WE FEEL*; Third, *WE ACT*.
- Thought without action is of little value to you. Your very body is so constructed as a Thinking Machine that we **HAVE THE POWER TO BRING INTO ACTION WHAT WE THINK**, and our **DEEDS** are the true measure of our Success.

### *(a) Aspects of Life in Your Body*

- In this Lesson I want to draw your attention to the Feeling Life of Yourself. We feel little of what goes on in the body. Insofar as the body is a machine, most of its work is carried on involuntarily—that is, we have no conscious control over it. You can notice this in your own *Thought* perhaps, for one minute you know that you are happy and the next minute, or the next half hour, you are unhappy and low-spirited. There is no apparent reason for this, and yet try as you might you cannot feel happy—though we in Mentalphysics know that happiness is a veritable science. It is the same with our *body*. A person will get up in the morning and say "Oh, I am not feeling very well"—though it only takes a moment's thought to know that the *feeling not very well* is the reflection that we are not *thinking very well*.
- Take the circulation of the blood: we have no conscious control over it. Most people know little about the circulation of the blood, and still less about the corpuscles and the liquid in which, like fish, they "swim".
- Still less do most of us know about the *modus operandi* involved not only in the building of the body, but in its marvelous maintenance.



● Nor need we dwell long upon it in this Lesson, though the student is urged to *think* about the wonderful thing that the human body is. We will dismiss it here by stating that all the work the body carries on is done by the SUBCONSCIOUS MIND. Think for a moment—YOUR BREATHING: THIS BREATHING OF YOURS IS AS INVOLUNTARY AS THE CIRCULATION, UNTIL YOU *THINK* ABOUT IT, and then it seems to pass from the Subconscious Mind to the Conscious Mind for the time that we are thinking about it. (Of course, students of Mentalphysics are learning more about their Breath than any other body of students in this country at the present time, and they will learn in time that breathing is most subtly intermingled with the emotional life, which we are now considering.)

● While we do not CONSCIOUSLY have much to do with all this work, still we DO influence the work UNCONSCIOUSLY BY THE EMOTIONS. The emotions Are Closely Related to the Thoughts—in fact, they RISE OUT OF THE THOUGHTS, and thus, whether we know it or not, we are playing upon the human instrument ALL THE TIME. The Emotions all affect the body for good or ill. For example, we all know how the heart beats faster when we are excited—we get hot in shame, cold in terror, and so on. Yet WE ARE NOT CONSCIOUS that Our Emotions are affecting this "Temple of the Living God" every moment that we live.

IS IT NOT OBVIOUS, THEN, THAT WE OUGHT TO SEE TO IT THAT WE *THINK RIGHT* IN ORDER THAT OUR EMOTIONS MAY OPERATE IN A CONSTRUCTIVE MANNER INSTEAD OF THE REVERSE? Remember the Truth: "As a Man Thinketh, so is he."

### (b) *Emotions Are the Feelings of the Soul*

● Now, we must learn what is written here—*take time to learn it thoroughly*. The emotions are the feelings of the Soul, fluctuating from one state of the affections to another, for they change from hour to hour, even from moment to moment—look at the changes of emotions that we go through when we watch a thrilling movie, for example, or when we listen to fine music. But an emotion that we cherish *gets fixed*, and when it is deeply rooted we call it a MOOD, and these moods become so firmly rooted in the Mind that we GROW UNCONSCIOUS OF THEIR EXISTENCE. But because we do not know they are there *does not prevent them from affecting us*.

● The Emotions move in two directions, having, like the Magnet, a Positive and Negative pole.

(1) THE POSITIVE IS THAT OF ATTRACTION—OR LOVE.

(2) THE NEGATIVE IS THAT OF REPULSION—OR HATE.

But just as a ray of light may be split into primary colours by the aid of a prism, so the emotions are divisible almost *ad infinitum*. I will quote just a few of the qualities of Love, and invite you thoughtfully to compare them with those of the opposites, as follows:

#### SOME OF THE QUALITIES OF LOVE, THE POSITIVE

Wisdom—Knowledge—Benevolence  
Virtue—Innocence—Fearlessness  
Happiness—Joy—Peace—Youth  
Faith—Resolution—Fortitude  
Health—Strength—Etc.

#### SOME OF THE QUALITIES OF HATE, THE NEGATIVE

Ignorance—Vice—Guilt—Fear  
Sorrow—Grief—Worry—Sadness  
Cowardice—Revenge—Selfishness  
Disease—Doubt—Death—Discord  
Sensualism—Envy—Etc.

*(These can be multiplied easily with the aid of a Thesaurus.)*

● The above are but a few of the emotions, and each of them can be divided and subdivided, as when Fear becomes anxiety, misgiving, despondency, gloom and so on. By a study of the different human emotions the student will be able to see how, *whether he knows it or not*, these complex emotions and affections are playing upon the delicate instrument which he calls his body all the time.

### *(c) The Creative Principles*

- From a study of the emotions, you will come to the conclusion that LOVE *embodies all the Creative Principles, and that the Creative Principles are classifiable under the positive element, LOVE. These principles preserve the body intact.*
- When you think of it you will find that all the principles known—to Science, to Architecture, and Engineering, etc.—are based on this Law of Love. The Principles are in operation everywhere around us all the time. Principles known to Science are in operation constantly, and underlying the whole material universe the laws of Beauty, Strength, Order and so on, are the principles upon which everything rests. We can use these Creative Principles and USE THEM CONSTRUCTIVELY if we so desire.
- IN THE MEDITATIONS YOU ARE INDUCING THESE PRINCIPLES FROM THE HIDDEN DEPTHS OF THE CREATIVE SPIRIT INTO THE CONSCIOUS MIND, AND THESE PRINCIPLES MAY BE ESTABLISHED CONSCIOUSLY IN THE CONSCIOUS MIND BY PERSISTENT MEDITATION. Then we are no longer FOOLED BY THE ILLUSION OF THE SENSE, FOR WE SHALL KNOW WHO AND WHAT WE ARE.
- Therefore, this week you are invited to examine yourself to discover your permanent moods. You will be surprised. You will doubtless, like most people, find that you are dominated by some phase of *Fear*. Of such people we say that they are gloomy, despondent, serious, apprehensive, worrying, etc.; and if such people happen to be happy, cheerful, joyous, it is a lapse from their permanent mood. *WE HAVE, THEREFORE, TO REVERSE OUR MOODS AS WE HAVE REVERSED OUR THINKING*, so that some aspects of the Love emotions dominate—like Cheerfulness, Gladness, Hopefulness. We shall then declare the truth that we are cultivating a happy disposition, a Happy Mood.

### *(d) Cooperate With the Creative Principles*

- BY THIS MEANS, THUS COOPERATING WITH THE CREATIVE PRINCIPLES, WE ELIMINATE THE DESTRUCTION WROUGHT WITHIN US BY THE DIS-INTEGRATING EMOTIONS.
- It is unnecessary for me to point out to you that the Negative Emotions are *DESTRUCTIVE*. They cause sickness, senility, disease, decay, old age, failure, cowardice. So venomous are these Negative Emotions that the death of an infant has been traced to poison generated by anger in its mother's milk. Perspiration of a human being can be suddenly changed and charged with venom, and such perspiration, fed to rats, has caused their death. There is much medical evidence along this line—all caused by anger or fear.
- WE ARE NOW BRINGING BEFORE US THE MANNER IN WHICH WE MAY BE ABLE TO PRESERVE THE TEMPLE OF THE BODY. BY CONSCIOUSLY COOPERATING WITH THE PRINCIPLES EXISTING WITHIN US, AND ESTABLISHING THEM IN THE SUBCONSCIOUS MIND, BY MAKING THESE PRINCIPLES OUR PERMANENT MOODS, WE CONSERVE THE LIFE ENERGIES. Then through Meditation WE FIND THAT WE CAN DIRECT THEM INTO CONSTRUCTIVE CHANNELS AND SO AVOID THE FACTORS OF DISINTEGRATION.

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### **ADD TO YOUR MEDITATIONS:**

**I AM ESTABLISHED IN STRENGTH—BEAUTY—HEALTH—JOY.**

(You are required to take each of these separately, directing the Mind in Meditation upon them until you can FEEL THEIR RADIATION. You ought to come out of your Meditation with a feeling amounting to Bliss. For JOY is the Principle that propels the life fluids—Think of this; think of how you were made, and see where Joy enters in.)

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### (e) Right Speech

● The power of speech is the power of LIFE. Your SOUND is your LIFE—though later on you will come to know that the power that is greater than Sound is SOUND-LESSNESS, but you cannot know the latter until you know the former.

● I charge you to take great care in your speech. Use the best words that you can—extend your vocabulary. Try to so ORDER YOUR SPEECH that every word that you say shall be the Highest Truth that you know. Do not use slang. Take no name in vain. Right Speech is the forerunner of Right Conduct, and though this is somewhat advanced and cannot yet be understood by you, carry out the instructions, and you will find that by carefully watching your *speech*, the *action* of life will become purified. During this week pay particular attention to what you say, and how you say it. Sound is the second emanation of Life. If you have ever seen a child born, you know that it first takes a Breath, and then it sends out a great sound: and from this moment of the launching of the human being until the last breath, life is a question of Breath (physical, but leading into a much deeper esoteric meaning) and Sound (also leading into the highest esoteric meaning of Silence).

● You will learn more about this later. Meantime do as you are asked to do. Have no tongue unless you have something to say, for NOTHING can fritter away the power of Life more than useless sound—words, words, words, that have no meaning, and no Power. THE WORD is the Power of Life. THE WORD OF GOD is made Flesh in you.

*NOTE ONE: With regard to your Breathings, you have by this time mastered the technique, so that you can go through them in a much shorter time than when you started. I would advise you that you must continue them, though, if you feel that you have sufficiently advanced towards proficiency, you may during this week and next, breathe one morning and not breathe the next—though on the mornings that you do NOT breathe you are to sit still and go through the Breathings IN YOUR MIND. That is, quietly still within, feel IN YOUR MIND that you are breathing physically—FEEL the exhalation, the inhalation, the movement of the body in the Breath, then the exhalation, then the relaxation and spiritual work. This will teach you to FEEL the Pranic power without having to physically generate it. This is of UTMOST IMPORTANCE FOR YOUR MORE ADVANCED WORK. Do not neglect these instructions.*

*NOTE TWO: Try to think out the meaning—the INNER Meaning—of these Words: "I have No Tongue"! We shall have more to say of this later.*

PEACE BE UNTO YOU—END OF FOURTEENTH LESSON

*Written in Faith by Edwin J. Dingle  
Los Angeles 4 California U.S.A.*

## PROGRESS TEST PAPER—No. 6

If you have made a careful study of your Spiritual Breathings and your latest Lessons, you are prepared to answer the following questions.

You are advised to most carefully fill in your answers to these questions, so that you may build into your consciousness more deeply that which you have learned.

Do this on the seventh evening. Do not destroy this Progress Test Paper, so that later—perhaps in years to come—it will serve as a guide in reviewing your unfoldment along The Path; and also enable you to complete your full Examination Papers which come to you with your 26th Lesson. Peace be unto you.

*Dinglemer*

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### BREATHINGS:

- (1). Is PRANA what we know as OXYGEN, or AIR?.....
- (2). Can we consciously STORE IT UP AND CONTROL IT?.....
- (3). Is it possible for us to attain STRANGE POWERS?.....
- (4). Through what CONTROL may we do so?.....

### DOCUMENTARY LESSONS:

- (1). Under what DOMINION is MAN?.....
- (2). What is it that MASTERS THE SENSES?.....
- (3). If man is a LITTLE UNIVERSE what is he as to the MACROCOSM?.....
- .....
- (4). What Feeling is THE GREATER PART OF OUR WHOLE LIFE?.....
- (5). Have you followed the directions of the first two paragraphs in Lesson 12?.....
- (6). Are you now able to consider yourself as THE MAGNET?.....
- (7). How can we do with IMMORTALITY what man has done with the ENGINE?.....
- .....

### GENERAL:

- (1). Can you readily master the BREATHS from the instructions and illustrations?.....
- (2). Is there Constipation?..... Do you sleep well?.....  
Has your appetite improved?.....
- (3). Are you interesting your friends in Mentalphysics—and do you see the wisdom and benefit to you personally in doing so?.....
- (4). Is life becoming more beautiful to you?..... and on which PLANE OF LIFE do you notice greatest improvement?.....

### PERSONAL REMARKS:

.....

.....



"BETTER THINE OWN WORK IS, THOUGH DONE WITH  
FAULT, THAN DOING OTHER'S WORK, EV'N EXCELLENTLY."  
—FROM THE BHAGAVAD-GITA.

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TO THE STUDENT—Regarding inquiries:  
When I was in my Temple over in Tibet, I often  
went to my old Master to ask him a question.  
His answer seldom varied: "GO—AND FIND  
OUT!" It took me some time to realize that he  
was teaching me to do my own thinking . . . I  
pass the suggestion along to you—not that I wish  
to discourage you from asking pertinent ques-  
tions concerning anything in these Teachings  
that may seem obscure. On the contrary, I want  
to see you take a lively interest in these Lessons.  
So make this your rule: Before asking any  
question, try to see if YOU are able to solve the  
problem in Meditation — many Students ask  
questions and answer them in the same sentence.

---

"WHEN THY FIRM SOUL  
HATH SHAKEN OFF THOSE TANGLED ORACLES  
WHICH IGNORANTLY GUIDE, *then shall it soar*  
*To high neglect of what's denied or said,*  
*This way or that way, in doctrinal writ.*  
TROUBLED NO LONGER BY THE PRIESTLY LORE,  
SAFE SHALL IT LIVE, AND SURE; STEADFASTLY BENT  
ON MEDITATION."—FROM THE BHAGAVAD-GITA.

## PROGRESS TEST PAPER—No. 7

If you have made a careful study of your Spiritual Breathings and your latest Lessons, you are prepared to answer the following questions.

You are advised to most carefully fill in your answers to these questions, so that you may build into your consciousness more deeply that which you have learned.

Do this on the seventh evening. Do not destroy this Progress Test Paper, so that later—perhaps in years to come—it will serve as a guide in reviewing your unfoldment along The Path; and also enable you to complete your full Examination Papers which come to you with your 26th Lesson. Peace be unto you.

*Ding Lee Mei*

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### BREATHINGS:

(1). Do you understand how PRANA is carried to all parts of the NERVOUS SYSTEM?

.....

(2). May you acquire as GREAT A SUPPLY OF PRANA AS YOU WISH?.....

(3). How should the student carry out the BREATHINGS?.....

.....

### DOCUMENTARY LESSONS:

(1). Of what subject is this Lesson the FIRST PART?.....

(2). With what Force does a hen listen in hatching?.....

(3). What does THE BUDDHA say as to FIXING THE HEART ON ONE POINT?

.....

(4). Have you studied the definitions of the CONSCIOUS and SUBCONSCIOUS MIND?

.....

(5). What is the A B C of LIVING?.....

(6). What are our studies influenced by UNCONSCIOUSLY?.....

(7). Name two of the POSITIVE QUALITIES OF LOVE and two of the NEGATIVE.

.....

### GENERAL:

(1). Soon you will be passing into advanced work, which explains more clearly what you have learned so far. At the conclusion of the Initiate Work you will receive a questionnaire with the 26th Lesson, and, upon examination, you will be entitled to your Diploma.

### PERSONAL REMARKS:

.....

.....







# The Institute of Mentalphysics— (First Church of Mystic Christianity)

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## INITIATE GROUP

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Issued from the Office of The Preceptor Emeritus of The Institute of Mentalphysics,  
Los Angeles 4, California, U.S.A.

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# YOUR FIFTEENTH LESSON

(Fifteenth Week)

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## RIGHT SPEECH—RIGHT ACTION

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*"Spiritualize your personality at all times, especially when you undertake to remove some ailment. Spiritualize your entire personality by realizing, through your mental vision, that every atom in your being is pure spirit—as pure and as clear as crystal, and as highly refined as the most sublimated essence of the soul."*

● The advice thus given by another writer tells us the whole story of what is to be done. **MENTALPHYSICS TEACHES YOU HOW TO DO IT.** Right Speech, when its inner meaning is understood, does more to spiritualize the body than we know of.

● You have arrived at the point where you can say that you are beginning to learn how to live. After a year or two, however, the vision of Right Living will be very different from what it is today, because all of us have to go far before we know what Right Living is. We must first learn Right Speech. Already we are gaining somewhat in Right Understanding, and we have come somewhat into Right Resolution,—the very fact that we are students of Mentalphysics is proof of that. But the next step, **RIGHT SPEECH**, is of far greater importance, for **RIGHT SPEECH** means **RIGHT ACTION**.

● Though it may seem to be absurd to some who do not know, the **WORD** of us—the sound that we make—is that which causes us to become what we are. Right Speech is the first grade of self-discipline. Just as you have begun to know what your Breath is, so you are to find that your speech is what your breath is—that is, that the Word of you is in correspondence with the Breath of you. As you breathe, so you speak; and sound is the original force of the Universe, for your own speech is the very Word of God. In this lesson I shall not make much explanation, but I wish to instruct you to take care what comes out of your mouth. What you **SAY** has the knack of becoming real in your life. Most people waste or misdirect most of their energy by not knowing how to use sound—not knowing how to talk. Most people defy the Law of Life by the wrong use of the spoken word.

● **THEREFORE, TAKE GREAT CARE OF YOUR SPEECH—ACTUALLY WHAT YOU SAY, FOR WHAT YOU SAY IS THE REFLECTION OF WHAT YOU THINK; AND IF YOU SAY IT, IT IS PROOF THAT YOU ENDORSE IT—AND WE SHOULD ENDORSE ONLY THE TRUTH OF LIFE.**

● Speak only when you have something to say; do not talk to show off; when you know that you have to speak, because you know that what you have to say is worth saying and is the Truth, then be sure that you speak in rhythm with the Force of the Universe. Right Speech leads on to Right Conduct more than any other force of life that we know. During the coming week remember that if you desire that Life shall unfold within you in accordance with the universal plan of the Creator, be silent until and unless you have

## BREATH No. 8: YOUR OWN SPIRITUAL BREATH

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(Commence with two breaths; increase gradually to seven breaths.)

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Stand erect as before. See that the spine is perfectly straight. Feet well apart, firm on ground. (This is the only exercise with feet apart.)

- (a) Inhale a Complete Breath through the nostrils, and retain it.
- (b) Place hands on the hips as in the last exercise. Now, standing rigid, bend the body to the right as far as you can, then without any jerking movement bend over as far as you can to the left. Do this three times.
- (c) This must be done slowly and rhythmically, and on the completion of the third movement, with hands still gripping the hips, exhale vigorously through the mouth. Inhale and relax, repeating mentally your own spiritual affirmations for this Breath.

### WATCH ILLUSTRATIONS

AFTER THE EXERCISES lie down. Place the hands over the abdomen. Close the eyes. Breathe calmly and with perfect rhythm, imagining you are "watching the breath." This will give you a feeling of perfect poise and relaxation. Will that you are Health, Strength, Youth and Beauty.

Give thanks to the Infinite Wisdom, in which there is All Knowledge, for the Youth that is being made manifest in your body, the Spiritual Instrument.

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### *Spiritual Work*

## BREATH No. 8: RELAXATION EXERCISE

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*"The success of this Breath depends entirely upon your ability to relax—relaxing entirely! . . . And now I am thinking upward to the top of my head—I'm thinking Joy, Joy, Joy, JOY!*

*"And now, simultaneously, we send it out!*

*"I embrace this class—I embrace all in Mentalphysics wherever they may be—I embrace the City—I embrace the State . . . and now I see those great waves of Light rolling out, growing of their own nature. . . . I embrace the Country—I embrace the Whole World—I embrace the Whole Human Race . . . and now, with the Light of Divine Wisdom Within Me, with my Love, with my Joy, with my LIFE, I embrace EVERY LIVING THING.*

*"And now I stand fast lest the Light be too strong for me as it returns to me, not from the One Point from which I send it, but from ALL the Points, it's coming back, back . . . nearer, nearer . . . and NOW it embraces ME, it embosoms me, it overwhelms me—that Light of the Divine Wisdom, that Love, that Joy, that Life that comes to me from Every Living Thing, so that I see MY WHOLE BODY—My Whole Body—this Wide Universe, Full of Light, Light, LIGHT!!*

*"And now I will charge every cell in my physical body with the Light of Divine Wisdom, that Love, that Joy, that Life that comes to me from Every Living Thing, as, GIVING THANKS . . . FEELING HAPPY, I take a little breath and a long, deep, sleeping sigh.*

*"And now I lock That Light up Within Me, as I take another little breath—and a quick sigh."*



FIRST  
POSITION

SECOND  
POSITION

THIRD  
POSITION



FIRST POSITION

SECOND POSITION

THIRD POSITION

Begin this Breath with rather vigorous exhalation, followed by deep, even, unbroken inhalation. Try to fill every air space, feeling that you are bringing in PRANA as you exhale. Legs are firm.

Movement from side to side must be even and rhythmic—do not jerk the body. Three times to the right, three times to the left. Think poise and harmony all through the Breath. Remember the elbows.

In this position you reverse the movement. Above everything, do not strain at any point, and when you have gone through the movements, stand erect, exhale and drop hands slowly. Do not forget the "feeling."

## BREATH No. 8—YOUR OWN SPIRITUAL BREATH

This is one of the hardest of your Breathings—watch the illustrations. You will notice that this is the only Breath with the feet apart. Do not forget this. Enter upon it in the most reverential attitude of mind.

### REMARKS ON THIS BREATH

No Breath that you will ever learn will give you more food for thought than Your Own Spiritual Breath, for it deals with the cause of LIFE ITSELF. How blind have people been through the ages that they have given so little thought to CAUSE—always thinking of and studying EFFECTS.

This Breath will SHOW and PROVE to you that BREATH IS LIFE . . . the CAUSE OF LIFE. Enter upon it with reverence—you ARE LIFE! All the Youth and Force of Life is alive within you. Have no fear in this gloriously inspiring Breath.

Listen to no one—merely do your work, but do not strain. Make perseverance your bosom friend—make experience your wise counsellor—make caution your elder brother—make hope your guardian genius.

Do not hurry to get into the Breath, but practise without breath in your body; then, when you feel you have mastered the technique go carefully and accurately into breathing.

You ARE the Creator embodied into human form! You ARE God in human form! You are THAT!

FOURTH  
POSITION



FOURTH POSITION

This posture concludes the whole of the Breathings for the Initiate Group Course. You are shown that "There is naught but God," and that "You send your Light to Every Living Thing."

something to say. *No power that you possess will enable you to grow young more than your own speech*—therefore, "Have no tongue" until you know the way to use it. Our "word" is the switch, so to speak, that starts the current of life running through us; and upon the manner in which the switch is operated depends the result.

### *(a) The Body is Essentially Young*

● As I look out from my study window, out here in Sunny California, I cannot conceive of anything more beautiful than the scene laid out before me. The sparkling brilliancy of the sun literally speaks. A high wind sweeps through all Nature with a force that makes a thinker think. Just as the very highest eucalyptus trees bow almost to the ground before this force, so the tiniest blades of grass feel its power. **There is movement**—speedy, unrelenting movement everywhere. By taking in the general view on a morning like this, when the Prana impresses itself upon one's consciousness to such a marked degree, one can realize, *IF HE THINKS, that just as all this force goes on in the Universe without us, so there are similar movement, activity, force within us.* The whole is already learned if we can control and direct this odic force.

● It may be apparent to the student from what has gone before in these Lessons that not only is the Body Perpetually Young in its essential nature—that is, self-existing and self-perpetuating—but **THAT IT IS ESSENTIALLY YOUNG.**

● **WE HAVE LEARNED THAT THE PRIMARY CELLS FROM WHICH OUR BODIES HAVE DEVELOPED ARE ACTUALLY IMMORTAL. BY THIS WE MEAN THAT WE KNOW THAT THEY EXIST AT THE PRESENT MOMENT, AND WE CANNOT POINT TO A TIME WHEN THEY DID NOT EXIST. THEY ARE THE CONTACTS, THE LINKS IN THAT CHAIN OF LIFE THAT REACHES FAR BACK INTO THE DISTANT PAST.**

TO REITERATE (Watch Carefully)

**THE CELLS ARE NOT BORN OF SEED AS ORGANIZED FORMS ARE;  
THEY INCREASE BY DIVISION;**

**EACH CELL DIVIDES INTO TWO CELLS, THESE TWO INTO FOUR, AND  
SO ON FOREVER;**

**THIS GOES ON ALL THE TIME, FROM THE FIRST INSTANT OF CONCEPTION TO THE END WHEN THE MAGNET LETS GO.**

*(If you have access to a microscope you may watch the process for yourself. It would be interesting for you to witness this.)*

● Now, these cells are ever at work. They never rest. They are building the Temple of the body all the time, and you will remember how we showed that the body is not a finished product, like an automobile, but is a product that is never finished—the whole "factory" goes with it when it emerges as an entity. All the days that we live (and for many days after), the work continues. In fact, the cells of which the bones are made continue to preserve them for countless years after we are "dead." What we have to learn is that **THE BODY IS ALWAYS IN THE PROCESS OF MAKING. NEW MATERIAL IS GOING INTO IT EVERY MOMENT THAT WE LIVE.**

### *(b) Some of the Marvels of Physical Growth*

● **BEFORE WE GO ON, LET US STOP AND CONSIDER THE WORKING OF THE BODY AGAIN. YOU KNOW THAT OUR FOOD IS CHANGED INTO BLOOD, AND THAT NEW BLOOD IS BEING CREATED EVERY MOMENT. IT IS QUITE OBVIOUS WHEN YOU COME TO THINK OF IT THAT THE BLOOD WE HAVE**



TODAY IS NOT THE SAME THAT WE HAD A MONTH AGO. IT IS QUITE SAFE TO ASSERT THAT THERE IS NOT A DROP OF BLOOD IN OUR BODIES THAT WAS THERE THREE MONTHS AGO.

● CONSIDER THIS: A man will grow about one-sixteenth of an inch of hair every day. The beard that he shaved today was not that which he shaved yesterday—it was new beard. . . . We injure a finger-nail today, and in a very short time the damaged portion grows out. Sometimes we have a finger-nail that is entirely torn off, and then we watch it grow from day to day. All of us probably get four *new* sets of finger-nails every year. . . . It is no different with the *skin*—we all of us probably get a new skin every three months. . . . But what about the linings of the stomach, the nostrils, the mouth, the intestines, the arteries and veins—they are all fortified with a skin, which is replaced, like the outer skin. . . . But we could go down through the whole of the body and see that all the organs of sense, of digestion, nutrition and so forth—**ALL ARE NEW**.

● This is the point. **THEY ARE ALL NEW, NEW, NEW**. You never saw a thing new that was old, and everything that is new is **YOUNG**. Therefore, they are all **YOUNG, YOUNG, YOUNG**. This is so obviously true that I have no doubt that when you say that **THERE IS NOT A PARTICLE OF YOUR BODY IN THE BODY TODAY THAT WAS THERE A YEAR AGO**, you will **SEE** the truth of it.

● THEREFORE . . . **WE ARE ALL YOUNG. THERE IS NO SUCH THING AS A MAN'S BODY THAT IS A HUNDRED YEARS OLD.**

*(The period of gestation in the womb may be taken as a guide to the period required to re-create the body.)*

● We may suppose that the sum total of all the changes gives every man a new embodiment in the space of nine months—but even if we were to say **YEARS** instead of months, **IT WOULD STILL BE YOUNG**. A little thinking on these lines will make it very certain.

● ALL STUDENTS OF MENTALPHYSICS ARE URGED SOLEMNLY TO GET THIS FACT WELL INTO THE MIND. GET THAT SAME CERTAIN CONVICTION THAT YOU WERE URGED TO GET IN AN EARLIER LESSON—**AND WHEN YOU KNOW THIS FOR A POSITIVE FACT, HOW CAN YOU AGE?**

● YES, HOW CAN YOU GROW OLD, KNOWING THIS? AND REMEMBER—THIS IS NO FAIRY TALE, BUT SOLID SCIENTIFIC LOGICAL FACT.

### *(c) Human Beings Are All One Age*

● In all the teaching that has appeared so far in these Lessons there is no fact of more startling and thrilling interest than the one you are now learning in this Lesson—that, **IN SPITE OF ALL APPEARANCES TO THE CONTRARY, in your essential Nature, YOU ARE YOUNG.**

● That you are "Old" is another **APPEARANCE**, not a reality, another deception of the senses, that the Reason has to correct and reverse, as it reversed our ideas about the Sunrise. So, be very quiet as you read. Sink within yourself, and be at peace. Do not miss anything. Sit quietly and still, and then read aloud, with all the psychic force at your command:

"From this moment I CAN NEVER THINK OF MYSELF AS MORE THAN  
A YEAR OLD, IN SPITE OF ALL APPEARANCE TO THE CONTRARY.  
Moreover, I DO NOT HAVE TO GROW YOUNG. I AM YOUNG."



● Do you not see that a Mother suckling her babe is no older, in her essential nature, than the babe? *WE ARE ALL ONE AGE.*

● Well, then, you may say, "Why do we look old?" This remains to be answered, and can be answered. But so far as you are concerned for this moment you are now in a position to state, with the utmost conviction, this great Truth about yourself. And do this with great joy. If you do not FEEL joy, ASSUME it. Pretend. Play the game. Act the part. Rouse yourself to a strong emotion. Dance, shout and sing—rejoice and be glad.

---

### ADD TO YOUR MEDITATIONS:

#### Denial

I REJOICE. I AM GLAD THAT THERE IS NO OLD AGE  
I AM NOT SUBJECT TO OLD AGE  
HURRAH, I AM FREE . . . FREE . . . FREE . . . FREE FOREVER.

#### Affirmation

I AM YOUTH . . . RADIANT . . . BEAUTIFUL  
I AM ETERNALLY YOUNG  
I AM STRONG . . . ETERNAL LIFE . . . YOUTH . . . BEAUTY  
I AM FREE . . . FREE . . . FREE FOR EVERMORE

---

NOTE FROM DING LE MEI TO THE STUDENT: I know that you will be enjoying this Lesson. I want to impress upon you the importance of *not fooling yourself*. Life is LAW—and to LIVE we must know and live the Law. If you are not sure of the right way to eat, you should find out. If you have not found out your own Chemical Type, you should find out—write to our Book Department and inquire about the "GUIDE"—it will teach you.

We must not fool ourselves. We must never forget that *the human body is chemistry in action*, and the right food, granted that we know what right thought means, more readily guarantees right chemistry.

PEACE BE UNTO YOU—END OF FIFTEENTH LESSON

*Written in Faith by Edwin J. Dingle  
Los Angeles 4, California*



# The Institute of Mentalphysics— (First Church of Mystic Christianity)

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## INITIATE GROUP

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Issued from the Office of The Preceptor Emeritus of The Institute of Mentalphysics,  
Los Angeles 4, California, U.S.A.

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# YOUR SIXTEENTH LESSON

(Sixteenth Week)

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### "THE PARADOX OF AGE"

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● If the body is *chemistry in action*, as stated in our last Lesson, and if it is essentially young, as we now have reason to know, **HOW DOES IT COME ABOUT THAT IT IS ALSO OLD?** This is a legitimate question that we must now carefully consider—for whatever else we do, we must not deceive ourselves.

● There can be little doubt, after what we have already learned, that the sum total of the substances of the body are **ACTUALLY YOUNG**. Hitherto we had imagined that the body grew old in the same manner as a piece of machinery, or an old pair of shoes—that is, that wear and tear caused the "age." We had thought that **A MAN ATTAINS MATURITY AT ABOUT 40 YEARS OF AGE, THAT HE IS OLD AND WORN OUT AT 70 or 80**. There is a contradiction here, for on the one hand it **IS** true, and on the other gloriously **NOT TRUE**.

*IT IS TRUE* in the sense that **IT IS GENERALLY SO UNDERSTOOD**—and that's just about all that one can say;

*IT IS NOT TRUE* to the **BIOLOGICAL FACT OF LIFE**, which is that the Human Body, no matter how old it may appear, **IS ESSENTIALLY YOUNG**.

*(Shakespeare's old man in the seventh stage, whose great manly voice has changed again to feeble treble, is actually no older in Biological Substance than the great-granddaughter of ten, who steadies the trembling hand of the man of 90.)*

### (a) Reconciling Contraries

● *How, then, are we to reconcile these contraries?*

● Doubtless you have worked at photography. If so, you will understand this illustration: Take two sensitive plates, exactly alike. Upon one you focus the image of an old man; on the other, the image of his grandchild. You have no hesitation in stating that the two plates are identical in substance. You know also that the impression on each plate is made by the light reflecting the image. The light does not, cannot, discriminate. It will as readily impress the plate with the image of the grandparent as with that of the grandchild which—ever you, as the operator, decide to expose.

● **DO YOU SEE THE POINT? IN OUR BODIES WE HAVE TO DEAL WITH A DIFFERENT SORT OF LIGHT—THE LIGHT OF THE MIND.** ("IF, THEN, THE LIGHT THAT IS IN THEE BE DARKNESS, HOW GREAT IS THAT DARKNESS!")

● The Light of the Mind is the Creative Spirit, the Light of Divine Wisdom. We all know that we cannot have light without heat—fire; in our case, the case of our bodies, the heat is the Fire of Divine Wisdom, and those students who have made the progress with the Breathings that they should will KNOW that when they retain their Breath properly they can FEEL and KNOW this heat of the Divine Wisdom within. What is written here is not figurative or symbolic—the words mean just what they say. *For the energy emanating from the fire of Divine Love is the Light of Wisdom.*

● As I look out again on the scene in California I can see in the Universe without abundant evidence of the power, and I want you to realize, dear student, that persistent Meditation will bring you a realization of this same power within you—will make the Light and Fire so REAL that you will be able to FEEL it and SEE it.

● Sit and think of this GREAT LIGHT. If you can relax sufficiently to be able to contact it, you will SEE IT BEFORE YOUR EYES. If so, rejoice and be grateful.

● Now, let us return to the negatives. We have them fixed. We proceed to print. The natural light filters through to the sensitive paper. Upon one sheet it produces the image of the grandfather, on the other the image of the grandchild. Now, let us suppose THAT THE NEGATIVE IS YOUR MIND, rather, the Mind-substance, through which the Light filters, the Light being your THOUGHT. The sensitive paper is your BODY. The Mind is composed of ideas THROUGH WHICH THE LIGHT OF DIVINE WISDOM FILTERS, imprinting the sensitive substance of the body with the picture of the ideas in the Mind. Get this deeply in your Thought. REALIZE THAT IT IS TRUE. Then proceed to read.

● These ideas in the Mind are for the most part inherited in the Subconscious Mind, but they are modified by the action of the Conscious Mind. Now, think! If the picture is that of a child of ten, an image of that sort is produced. If, on the other hand, it is that of a man of 90, then senility is produced. You will instantly see the feasibility of this, but in support of it there is a case on record of a beautiful girl of 18, who, thwarted in love, became demented. She lost all sense of time. Twenty years passed, and during that time she was in a mental hospital. But SHE DID NOT GROW OLDER, still appearing as a girl of 18. This is not common, but in her case the Subconscious Mind was so charged with love (the fire of the Divine Love) that she was thus ruled.

*Note:*—Instances of mothers unconsciously impressing their ideas upon their infants are very numerous. Let me quote only one: A woman with a dark complexion and hair was deeply in love with a man of totally opposite type—blue eyes, light hair and fresh complexion. The man was killed. Some years later the woman married a man of similar type to herself. The mental picture (Subconscious) was so strong of her first love that when the baby was born it in no way resembled either parent, but had blue eyes, light hair and fresh complexion.

### (b) "Short-Circuit" the Wrong Thought

● We have seen very clearly how men are deceived by their senses—and women quite as much as men. In this Lesson we see how we are deceived by the Traditions of the Race. We have to correct this—and we CAN.

● THE BIOLOGICAL FACT OF LIFE IS THAT EVERY PARTICLE OF THE BODY IS COMPARATIVELY YOUNG. IF THE PARTICLES, THE CELLS, ARE YOUNG, THEN THE BODY AS A WHOLE MUST ALSO BE YOUNG, AND BEING YOUNG, MUST HAVE THE POWER OF YOUTH. THERE IS NO GETTING AWAY FROM THIS FACT. ONCE YOU ARE ABLE TO GET IT WELL ESTABLISHED IN YOUR



MIND, THE WORK IS ALMOST DONE, FOR YOUR RECOGNITION OF THIS GREAT FACT WILL ACT AS A "SHORT" TO THE OLD IDEAS. THAT IS, THE OLD THOUGHT, THE SUBCONSCIOUS THOUGHT, IS SHORT-CIRCUITED.

● *Let us go further.* There is a natural normal growth from childhood to age. This, too, is controlled by the Tradition of the RACE MIND, the cumulative thought of the ages. Students of Mentalphysics are, of course, free to accept the tradition, but are fools if they do. Or they may reject it, and it is hoped that we are all consciously rejecting it. Man is living longer than he used to, and the average span of human life is being gradually extended. Now, YOU are at liberty to accept the tradition or reject it, are you not? But IF YOU LIVE WHAT YOU KNOW you will REJECT it. You then assume a similar attitude to the Universe (the Universe of Your Self) as was done nearly a hundred years ago when a Thinker said that iron would float. Iron had never been known to float. It was IMPOSSIBLE. But then the HUMAN FACTOR (the Creative Spirit) came in, and today everyone in the Western world, even little children in school, KNOWS that iron floats.

● Similarly, it was not generally known until a very few years ago that the Biological foundation of the Human structure was ESSENTIALLY YOUNG. Many men in the East knew it a long time ago, but the number of men in the West WHO KNOW IT TO BE A FACT IS VERY SMALL INDEED. I tell it to you, and I sincerely believe that I am truthful in telling it; if you meditate upon it, the Divine Wisdom will enlighten you and convince you of the Truth. In course of time, through Mentalphysics, all students will know it. Hitherto Man has NOT lived as long as he *desired* to live, for most men have died still clinging to the desire to live on—one of the greatest of human tragedies. Why, DESIRING TO LIVE, did he die? He did not know the great Biological FACT of life. To live as long as he desired to live was, like the floating of the iron, the IMPOSSIBLE, but really no such thing as Impossibility exists.

● HE DID NOT KNOW, NOR DID YOU. NOW YOU KNOW, AND IT IS UP TO YOU TO LIVE WHAT YOU KNOW—to do with your Life THE SEEMING IMPOSSIBLE.

### *(c) What To Do and How To Think*

● Therefore, recognize the FACT. Revolutionize your own life, as the writer of these lines has done. YOU CAN LIVE as long as you desire to live—when you know what the Laws of Life are and how to live according to them. Refuse to accept the Race Thought, for, IF ACCEPTED, the Race Thought always wins. Say daily to yourself in front of a mirror, with all the dramatic feeling, intense emotion, "I KNOW that I am YOUNG. There is no need for me to grow young. I AM YOUNG NOW—NOW." Then LIVE it. Play the part. This does not mean that a woman goes back to girlhood and to her dolls, nor the man to his boyhood and his toys.

IT MEANS THAT NEVER AGAIN ARE YOU TO THINK OF YOURSELF  
AS BEING OLD—FOR YOU ARE NOT . . . No, YOU ARE NOT.

● Do not say, "I am 40 years old." Say: "I am grateful that I have 40 years of valuable experience."

● Always think of yourself as BEING YOUNG NOW, not that you will be. Let everything be in the present tense. (There is no limit to your years but that which Tradition has made for you, and WHICH YOU CAN REJECT.)

If there is to be a limit, MAKE IT YOURSELF. But DO NOT MAKE A LIMIT, for the Subconscious Mind works out your ideas to their logical conclusion. When you

say that you have made up your mind to live to such-and-such an age, the Subconscious Mind sees to it that you shall end your days at that time.

If you MUST project your Thought into the Future—if you know what the Future IS—then say: "I am living forever—I am Eternal Life."

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### **ADD TO YOUR MEDITATIONS:**

#### **Denial**

I AM NOT SUBJECT TO DECAY, OLD AGE, SENILITY.

I AM NOT SUBJECT TO DEATH.

#### **Affirmation**

I AM YOUNG. I AM ETERNALLY YOUNG.

I AM ETERNAL LIFE—LIFE, HEALTH, BEAUTY, JOY and TRUTH . . . YOUTH, YOUTH, YOUTH.

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*Note:*—For those students who are making their own Denials and Affirmations to suit their own needs and ambitions, it is wise to incorporate these Meditations for Youth. You may be meditating for material wealth—you cannot make much money unless you are Health and Joy and Youth. You may be meditating for satisfaction in love—the more you meditate on Youth, the more will you find yourself going with the Stream of Life and all the forces of life—consequently you yourself will be in the Great Harmony and attracting to yourself satisfaction in love affairs.

No matter what particular subject you may be following in Meditation in this Course of Lessons, you will find that the Meditations given here are the very basic platform upon which everything in life is built. Above all, do not fail to give to these Meditations their full value. It is impossible to over-estimate their power, and you will only have to gain success in one perfect abstraction to appreciate the meaning of this advice.

PEACE BE UNTO YOU—END OF SIXTEENTH LESSON

*Written in Faith by Edwin J. Dingle  
Los Angeles 4, California*



# The Institute of Mentalphysics— (First Church of Mystic Christianity)

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## INITIATE GROUP

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Issued from the Office of The Preceptor Emeritus of The Institute of Mentalphysics,  
Los Angeles 4, California, U.S.A.

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# YOUR SEVENTEENTH LESSON

## (Seventeenth Week)

*"Have perseverance as one who doth for evermore endure. Thy shadows live and vanish; that which in thee shall live forever, that which in thee KNOWS, for it is Knowledge, is not of fleeting life; it is the Man that was, that is, and will be, for whom the hour shall never strike."*

● Our Seventeenth Week is to be the Great REVIEW Week. You are not to take up any new instruction this week, but are to re-study fully the sixteen Lessons that have gone before.

### "THE GREAT REVIEW"

● MORNING INSTRUCTION:—You are asked to awaken fifteen minutes earlier during this week than has been your practice. First, go through your Scientific Breathings; then through your ablutions; then dress with particular care, as if you were going to meet someone whose opinion matters very much to you. Then do this:

- (a) Stand before a mirror;
- (b) Smile at yourself, with great pleasure, looking yourself squarely in the eye;
- (c) Commence a conversation with yourself, thus—

"William, or Dorothy (call yourself by your own name), I am deeply grateful to you, for I have learned that you are able to do whatever I wish to do. I have learned to place ABSOLUTE TRUST in you."

(Be dramatic. AROUSE YOUR EMOTIONS.) Smile with great pleasure upon yourself, and *feel* very happy.

"My faith in you, William, is unbounded, for all things are possible to you. I have learned that YOU ARE WHAT THE CREATOR IS. I have discovered that the Creative Energy in you can do, and is wanting to do, WHATEVER I DIRECT IT TO DO."

(Look deep into your eyes and believe that what you are saying is TRUE, TRUE, TRUE. Act as if you are on the eve of some great realization of joy or success, or whatever you have in mind for yourself.)

"William, you ARE SUCCESS. You will achieve today whatever you start to achieve, for you have discovered the NEW POWER, for which THERE IS NOTHING THAT IS IMPOSSIBLE."



(Rouse yourself to a high state of joyous emotion. Let your eyes shine, and look with earnest concentration into your eyes. Feel a warmth of love towards yourself and everybody, declaring that as you will expect, demand and receive help from others, so are **YOU PREPARED TO HELP AND SERVE ALL MEN**. Start out with this intention. Be kind. Smile at people. And then watch and you will be surprised how the response in others will be precisely in correspondence with your own attitude. You will be the **BROADCASTER** and **RADIATOR** of **JOY**.)

- Carry on the conversation in front of the mirror to suit your own ambitions. Write down what you will say. Use the very finest, most attractive *words* that you can. Be decisive, and make the conversation **VERY POSITIVE**, so that when you start out afterwards you will feel that you have had a very pleasant visit from someone and that you are **VERY HAPPY** as a result.

- **EVENING INSTRUCTIONS**:—If possible, make no appointments for the evenings of this week. Spend the time in your own company. As usual, take the *Meditations* fully. Go back over the whole of the sixteen Lessons. See that you have not missed a single Denial or Affirmation, and repeat them all over without reference to the Lessons, and feel that you can associate with each Denial and each Affirmation the teaching that appears in the Lessons in which they occur. Say them to yourself time and time again. Then close your eyes and see whether you can run through them consecutively, taking the high points, and realize that you **KNOW** them all thoroughly—what Lesson Two teaches, Lesson Three, Four and so on—and **MAKE SURE THAT YOU KNOW THEM**.

- Then analyze yourself. See where the weak points are. See whether you have really made progress during the last sixteen weeks. Is there any aspect of Fear hovering around? Reason all this out, and declare that Fear is a fool's virtue. Write down the weak points. Then, with all the strength of conviction that you know, determine that this does not exist any longer—that you are what, in perfect reverence, you can visualize the **CREATOR** as being.

- It is an axiom in all progress that the more we conquer the more easily we conquer. **YOU CAN FORM A HABIT OF CONQUEST AS INSISTENT AS ANY OTHER HABIT**. **VICTORY** with you will become a state of Mind. Knowing yourself superior to your anxieties, your ill-health perhaps, or your failure to make enough money, your troubles at home and in your love life perhaps, all of which or any of which may have obsessed you formerly, will disappear—for **YOU ARE SUPERIOR**.

- Try to discover this week in a manner that is absolute Truth with you that, **TO BE IN HARMONY WITH THE CREATIVE PRINCIPLE, THE CREATIVE SPIRIT**—which is the Principle of **CONQUEST**—is to be **IN HARMONY WITH POWER**, and to be in harmony with Power is of course to be exactly what you have been meditating for.

- Go at this work boldly and with vigor, and you will find, in a way that you have not experienced before, that unexpected forces will close around you and come directly to your aid.

- "Say to them that are of a **FEARFUL HEART**, Be Strong—**FEAR NOT**."

- You will find that the worst thing about Fear is its own shadow, for Fear is a deception, a deception of the senses, about which we have been learning. **MEDITATION** is the **KEY**.

● But here am I talking away, whereas it is YOU who must do the talking and the thinking in this Lesson—for it is your Grand Review Week. YOU are to do the work. YOU are to be the investigator. Do your own analyzing, and so get yourself ready during this week for the further scientific investigations that your future Lessons will undertake. Do not imagine that there is any short cut, any Royal Road—for there is none; and if you have not properly mastered what the first sixteen Lessons contain, be assured that you will not be able properly to realize what is to come hereafter. You are climbing a ladder, and you are aware that there is only ONE WAY to climb a ladder, rung by rung.

During the Seventeenth Week, you are counseled to look into your Health—are you disobeying any of Nature's laws? Are you eating correctly? Are your teeth sound? Are you feeling the true benefit of the Breathings—do you look forward each day to them?—and do you BELIEVE that YOU ARE BUILDING YOURSELF UP TO BECOME A LEADER AND AN ACHIEVER, to demand and command SUCCESS in whatever you undertake?

Answer these questions *honestly*, and set to work to remedy defects in your character. It is MARVELOUS what you CAN DO—you are not trying any EXPERIMENTS—the result is SURE.

SO MAKE THIS SEVENTEENTH WEEK A VERY HAPPY WEEK.

REALIZE THAT YOU KNOW MUCH MORE TODAY THAN YOU DID SIXTEEN WEEKS AGO . . . THAT YOU ARE GROWING YOUNGER EVERY DAY . . . THAT YOU ARE BETTER AND BETTER IN EVERY WAY THAN YOU WERE.

FEEL DEEPLY GRATEFUL. DETERMINE THAT DURING EVERY DAY OF THIS WONDERFUL WEEK NOT A HARD WORD, NOT A WRONG THOUGHT, NOT AN IMPURE MOTIVE, NOT A SINGLE ELEMENT OF NEGATION SHALL ENTER YOUR MIND AND ACTIONS.

—And then watch and see that PLEASURE you get from this attitude of mind towards the Universe.

GO INTO YOUR MEDITATIONS WITH A FEELING OF PROFOUNDEST  
HARMONY WITH ALL THE WORLD

Let this Seventeenth Week be a period of Great Gladness upon which you shall in later life look back with real joy.

● And may all the Invisibles come to your guidance and your aid, as they will, for you are The Magnet.

*"If thou would'st cross the first Hall safely, let not thy Mind mistake the fires of lust that burn therein for the sunlight of life."*

## ADD TO YOUR MEDITATIONS:

- |  |                    |
|--|--------------------|
| 1. I AM ETERNAL LIFE                                   | 5. I AM POWER      |
| 2. I AM ETERNAL LOVE                                   | 6. I AM WISDOM     |
| 3. I AM TRUTH.   | 7. I AM JUSTICE    |
| 4. I AM PEACE AND PEACE DWELLS IN ME                   | 8. I AM THAT I AM. |
| 9. I GIVE THANKS FOR ALL THAT EVER WAS                 |                    |
| 10. I GIVE THANKS FOR ALL THAT IS                      |                    |
| 11. I GIVE THANKS FOR ALL THAT EVER WILL BE            |                    |
| 12. I QUESTION NOT THE DIVINE LOVE, WISDOM AND JUSTICE |                    |

May All Beings Be Peaceful

May All Beings Be Blissful

May All Beings Be Happy

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*My Dear Student:—I would counsel you at the end of this week to FEEL that you have found The Law—now realize that you are LIVING it.*

*First, FEEL that you would like to GIVE something to the Universe. Perhaps you will feel that you would like to give something to our work, to The Institute of Mentalphysics, so that another who has less than you have may be able to be brought to The Light. You know that this Institute is a non-profit institution. Anything that you care to give will be gratefully appreciated. But no matter whether you give to The Institute or not, give something to somebody.*

*If you care to help The Institute, a very good way is to buy our little books—keep a stock on hand and give them to your friends. Also ask yourself, "How many students have I brought in?" Remember that it is your DUTY and your PRIVILEGE to cooperate with the Lord of the Eternal and SPREAD THE LIGHT. So mote it be.*

PEACE BE UNTO YOU—END OF SEVENTEENTH LESSON

*Written in Faith by Edwin J. Dingle  
Los Angeles 4, California*





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## INITIATE GROUP

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Issued from the Office of The Preceptor Emeritus of The Institute of Mentalphysics,  
Los Angeles 4, California, U.S.A.

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# YOUR EIGHTEENTH LESSON

(Eighteenth Week)

*The student is now urged to bend every effort to comprehend and REALIZE the beautiful teachings embodied in Mentalphysics.*

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### **"QUIT YE LIKE MEN—BE STRONG"**

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● Since the Biological Fact of Life is that the Body is ESSENTIALLY YOUNG, we have to get the habit of thinking about ourselves as YOUNG. We are NEVER to think about ourselves as growing old—THERE IS NO AGE FOR US. So, rejoice that today, this particular link in what we call Time, you know more than you knew "last year this time." Look in the mirror, and see a being transformed. Let your eyes shine and your whole being reverberate the very Truth That YOU ARE YOUNG. And be glad that you have found the TRUTH.

#### *(a) The Urge of the Creative Spirit*

● When we think of age, the passing of the years, we are to think of them, not as so many years nearer the grave (which is the almost constant thought of many people), but as so much beautiful and ripe experience—and WITH THIS ABSOLUTE CONVICTION THAT NOTHING CAN SHAKE—neither colds, nor aches, nor pains, nor disappointments—our work will be entirely successful. BE CONVINCED.

NOTE: A man of fifty of fifty-five will think that he has not many more years to live. He generally settles down perfectly resigned to his fate, in the full confidence that perhaps in five, ten or possibly twenty years he will be no more. What a fallacy! He loses his ambition, if he ever had any, and will say: "Oh, it's too late NOW for me to think of so-and-so—I should have done that years ago. I am 50 now. If I had started fifteen years ago I MIGHT have done something." When a man or woman is in that mental condition, he or she is already dead as to the Fact and Principle—the Glorious Vibrating Principle of Life.

● Only the other day I was watching some workmen and overheard one of them say, "Damn my knee"—and he went to some trouble to explain to his fellow workmen that that knee of his was not worth what he called a "damn". Poor fellow, he was all unconscious that his WORD was making his knee weaker. Could I tell him? No, of course not. He would at once resist me, think me mad—and so he has to go his way until he comes to the Light.

● Again, an acquaintance of mine the other day told me that he was actually 37—"What's the use of starting anything at that age," said he, when I tried to inspire him to do something with his life. This is wrong *speech*; it is not necessary for us to repeat things of this sort many times for them to be worked out for us. HOW, most people do not know; but Mentalphysics students know that the Subconscious Mind

accepts unquestioningly. Incidents come to our notice every DAY. You know how Father will say, "Ah me, I've had my day—now it is the children's turn." Yes, and the children will live as Father lived, all the days of their life limiting the expression of the Creative Spirit that is EVER URGING THEM TO DO SOMETHING AND BE SOMETHING. *The Invisible bands of the Creative Spirit are ALWAYS urging us on to more sublime adventures, USING US TO SHAPE ITS INFINITE WISDOM.*

● THE CREATIVE SPIRIT IS EVER AT WORK HELPING US WITH IDEAS AND THOUGHTS OF HOW WE MAY DO THINGS, BUT MORE OFTEN THAN NOT THIS WISDOM FROM THE UNIVERSAL IS UNCONSCIOUSLY WASTED BY US ALL THE SAME, THE CREATIVE SPIRIT NEVER RESTS, AND IS ALWAYS URGING YOU AND ME ON TO GREATER THOUGHT AND GREATER ACTION.

● ANYTHING that you can IMAGINE is POSSIBLE; and the Creative Spirit KNOWS that it is possible. It also knows HOW TO DO. When you meditate, the Creative Spirit, which YOU ARE, will tell you how to do. In Meditation it is as if your Mind will tell and inform the Mind; when you learn properly to "tune in" to the Voice That Speaks In The Silence you certainly will hear the Creative Spirit urging you on and showing you what and how to do. The seed in the moist soil makes no noise that we can hear. The rolling of the orbs of heaven make no noises that we can hear. But possibly, if our ears were attuned, we might hear the grass grow.

● Just as there are rays of light above and below our range of vision, so there may be—in fact, there *are*—tones of vibrations that we cannot hear. But in the Silence we can tune in—actually tune in. Mentalphysics teaches us HOW to do it.

### *(b) Speech the "Container" of Thought*

● We make the conditions of our life *with the spoken word*. Our words are the clothing of our Thoughts. Therefore, like the man quoted above, what we say about ourselves is apt to come true. It invariably does; and then, with such little understanding, we exclaim: "Ah, I KNEW it would."

● So we must never say about ourselves ANYTHING that we do not wish to come true.

NEVER SAY—"I am sick." . . . The I AM is the Creative Spirit, and you will admit that the Creative Spirit never gets sick.

NEVER SAY—"I am old." . . . The I AM is the Creative Spirit, and the Creative Spirit cannot grow old, knows no age, for there is none.

NEVER SAY—"I am poor or broke." The Creative Spirit owns all the wealth of the Universe. How CAN the Creative Spirit be poor or lack anything whatsoever! Perhaps YOU have *thought* poverty thoughts all your life—then, how can you expect to be other than poor, or surprised that you are? As we THINK, so ARE we. We have now to reverse our *thinking*.

● But a man will say to me, and apparently quite logically: "Why, Dingle-le-Mei, what on earth are you talking about? I tell you I *am* sick—don't I know? Why, I have. . ." and he will roll off a host of maladies that he suffers from. But you remember the Sunrise: this is the same thing, the deception. He has THOUGHT and TALKED sickness all his life; and why, having continually *manufactured* THIS SORT OF THING FOR HIMSELF, IS HE SURPRISED THAT HE IS SICK? But sickness is NOT THE REAL, all the same.

● On a recent transcontinental trip, there were four ladies in the car in which I traveled, each of whom had had an operation. I tell you that from Chicago to San Francisco their sole topic of most enthusiastic conversation was what had been done to them, and what the doctors had said and what they had suffered—and so on. Instead of thank-



ing the surgeons whose science had probably saved their lives, they persisted in living the disease and its results all over again. Is it any wonder that, later on, they will probably have to go under the surgeon's knife again?

● You may consider what is written here as far-fetched, but it is not. **THINK** about it. **AS WE THINK**, so we **ARE**—There is not the slightest possibility of getting around this truthful and scientific statement. What we think today will have its objectification in exact proportion to the power of our Thought, *as soon as the Subconscious Mind can objectify it.*

IF WE THINK SICKNESS, we'll be sick—*we are creating dis-ease.*

IF WE THINK POVERTY, we'll be poor.

IF WE THINK FEAR, we shall lose our courage and ambition and faith.

IF WE THINK AGE, we shall die "before our time."

● **THEREFORE, IT SHOULD NOT BE NECESSARY TO STRESS THE VITAL IMPORTANCE OF REVERSING ALL NEGATIVE THOUGHT. EVEN WHEN IT MAY SEEM SILLY TO DO SO. . . .** Cut down a Negative Thought at once, exclaiming mentally: "Thou shalt not pass—I will have none of thee."

### *(c) How We May Triumph*

● But this is a difficult subject, you may say—it applies to age and success and sickness and health and practically everything in life. What are we to do?

● You look into the mirror perhaps to count the years in your face. You look at the skin—it may be flabby, sallow, hard, lined and wrinkled. The muscles, you say, are drawn. The hair is gray. It seems to you, then, utterly foolish to say: "I am BEAUTIFUL—I am YOUNG." Ah, is it? **THINK. Go Back** over the Lessons showing how the Subconscious Mind works. If ever you get into this frame of Mind, at once, as quick as only Thought can act, **REVERSE THE THOUGHT.** Yes! Say to yourself, "How foolish of me to build a face like that." (No one but YOU made that face—no one else COULD.) "Now I know that I have always been prepossessing. Why, not a particle of that face existed a year ago. It is infant flesh. It is changing every moment, being made NEW, and therefore YOUNG. It is changing. All the same, the REAL I is unchanging. I am BEAUTIFUL. My skin is as clear as a child's—my eyes are bright—my vision is good—I am YOUNG, Young, YOUNG. Oh, how happy I am that I am YOUNG." . . . Talk thus to yourself. **REVERSE THE NEGATIVE THOUGHT.**

● **THINK IT ALL THE TIME. SING IT TO EVERY TUNE YOU KNOW. REVEL IN THE TRUTH OF IT. WHEN YOU EAT, SAY TO YOURSELF THAT YOU ARE USING MATERIAL—YOU ARE DRAWING THAT FOOD TO YOURSELF BY THE MAGNET—TO MAKE YOUR BODY BEAUTIFUL, TO MAKE YOU YOUNG. REVERSE AND DENY ALL ELSE. WHEN ANOTHER PERSON SPEAKS TO YOU OF AGE, DENY IT. WHEN ONE SAYS: "OH, HE DIED AT 60, POOR FELLOW," DENY IT MENTALLY.**

● In your Mind say vigorously: "How wrong—he was really no older than his son." Though you admire old people, never think of them as anything but young—*think only of their great experience.*

● **AND ALWAYS REJOICE INWARDLY.** There may be a gloomy side of life, but not for YOU. All the gloom is for the Other Fellow, who has not been so fortunate as you to get out of the gloom into the Sunshine of the Divine Light, as you are doing in Mentalphysics.

### *(d) About the Power of the Subconscious Mind*

● What has been written in this Lesson is *literally* true—you ought to know, and you probably DO know, how this is so. From what you have learned it may be perfectly clear to you, but lest there should be any lingering doubt in your Mind let us reiterate something about the Subconscious Mind.



● The Subconscious Mind—what is It? Think of your automobile. Now, your auto does not discriminate—it cannot. It just goes where you drive it. It will drop you over a cliff and throw you to destruction just as easily and readily as it will go along in perfect safety at ten miles an hour. ACTUALLY IT DOES JUST WHAT YOU, THE MAN AT THE WHEEL, DIRECT IT TO DO.

● SO FAR AS THE SUBCONSCIOUS MIND IS CONCERNED, THE MAN AT THE WHEEL IS THE CONSCIOUS MIND. WHATEVER THE CONSCIOUS MIND DECIDES, THE SUBCONSCIOUS MIND WILL AT ONCE ATTEMPT TO CARRY OUT. IT WILL NOT ASK QUESTIONS. IT CARRIES OUT *YOUR THOUGHTS* TO THEIR LOGICAL CONCLUSION.

NOTE: To show the power of the Subconscious Mind, I will quote the case of the Chinese prisoner. The Chinese prisoner was sentenced to execution by "Bleeding to death." The warm water that trickled down his skin he imagined to be his own blood, and he died under the experiment, though he did not lose actually a drop of blood. This shows how vivid was the idea conveyed from the Conscious Mind to the Subconscious.

● Now, as the Subconscious Mind carries out all the behests of the Conscious Mind to their logical conclusion, WHEN YOU AFFIRM ANYTHING ABOUT YOURSELF YOU MAY CONFIDENTLY EXPECT YOUR SUBCONSCIOUS MIND TO DO IT FOR YOU.

● THE SUBCONSCIOUS MIND IS MORE READILY IMPRESSED IN A STATE OF COMA, SEMI-COMA OR HYPNOSIS, BUT EASIEST OF ALL IN MEDITATION. IN MEDITATION THE MIND IS STILL. THE MEDITATOR, AS YOU ARE YOURSELF AWARE, ABSTRACTS HIMSELF FROM CONSCIOUS CONTACT WITH THE WORLD AROUND HIM. HE GOES INTO THE SILENCE. YOU MAY SPEAK TO HIM AND HE DOES NOT HEAR. HE IS NOT ASLEEP, HE IS NOT IN A TRANCE, HE IS NOT HYPNOTIZED, YET HE IS OBLIVIOUS TO THE THINGS OF SENSE. (IT IS HOPED THAT YOU, DEAR STUDENT, HAVE SO FAR PROGRESSED IN *YOUR* MEDITATIONS THAT YOU ARE LIKE THIS WHEN IN PRACTICE.) IN THIS CONDITION THE SUBCONSCIOUS MIND IS VERY PLASTIC. ANY IDEA THAT YOU WANT TO IMPRESS UPON IT MAY BE TRANSFERRED WHEN YOU ARE LIKE THIS. THIS IS WHY YOU ARE CONSTANTLY URGED TO PERSEVERE WITH YOUR MEDITATIONS. OTHER POWERS MAY ALSO BE DISCOVERED, FOR PSYCHIC AND MAGIC POWERS ARE DISCOVERED IN THE SAME WAY.

● The practice has by this time given you some ease, I hope, in being able to find the state of abstraction. In this state make your affirmations of what you want to be.

● Never think about the——(add your own name) as he or she *appears*, but as he or she wants to appear. Then confidently rest in the assurance that the Divine Architect, who is the Creative Spirit (which you are) will bring it into material existence.

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### ADD TO YOUR MEDITATIONS:

Affirmation

I AM YOUTH . . . YOUTH . . . YOUTH . . . RADIANT SPARKLING YOUTH.  
I AM BEAUTY . . . BEAUTY . . . BEAUTY.

---

### *(e) Negative Conditions Destroy Life*

● Do not think that we are wandering from our subject when we reiterate the vital facts of immeasurable value to you in Mentalphysics. The Subconscious Mind is the great *SERVANT OF MAN*, and we cannot emphasize its power too strongly.

● Now, we must proceed in later Lessons *to show why men die*.

PEACE BE UNTO YOU—END OF EIGHTEENTH LESSON

Written in Faith by Edwin J. Dingle  
Los Angeles 4, California

# My Aggregation Form

In connection with my own personal Aggregation of Students of Mentalphysics, I have already <sup>spoken to</sup><sub>written to</sub> the following friends, and would be glad if you will kindly mail to them Treatise Number One—"The Art of True Living":

Name.....

Address.....

Name.....

Address.....

Name.....

Address.....

Name.....

Address.....

Name.....

Address.....

Name.....

Address.....





## PROGRESS TEST PAPER—No. 8

If you have made a careful study of your Spiritual Breathings and your latest Lessons, you are prepared to answer the following questions.

You are advised to most carefully fill in your answers to these questions, so that you may build into your consciousness more deeply that which you have learned.

Do this on the seventh evening. Do not destroy this Progress Test Paper, so that later—perhaps in years to come—it will serve as a guide in reviewing your unfoldment along The Path; and also enable you to complete your full Examination Papers which come to you with your 26th Lesson. Peace be unto you.

*Dinglemei*

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### BREATHINGS:

(1). *Do you feel you now KNOW, through experience, the value of our Breathings?*.....

*And, are you faithful in your practice?*.....

(2). *Can you retain your breath without strain longer than you could?*.....

(3). *Do you feel the force of Breath to be the very source of your life expression?*.....

### DOCUMENTARY LESSONS:

(1). *What is the first grade of SELF-DISCIPLINE?*.....

(2). *Do you feel that you understand why the primary cells of your body are IMMORTAL?*  
.....

(3). *Do you see how and why human beings "are all one age"?*.....

(4). *Have you memorized the Meditation on page 4 of Lesson 15?*.....

(5). *The HUMAN BODY, NO MATTER HOW OLD IT MAY APPEAR, is what?*.....  
.....

(6). *You are NEVER AGAIN to think of YOURSELF as being, what?*.....

(7). *If there is a limit to Life, who is to make it?*.....

### REMARKS:

Write answers at the side of or below questions or on back of page.

Under REMARKS make any comment you wish.

.....

.....



## PROGRESS TEST PAPER—No. 9

If you have made a careful study of your Spiritual Breathings and your latest Lessons, you are prepared to answer the following questions.

You are advised to most carefully fill in your answers to these questions, so that you may build into your consciousness more deeply that which you have learned.

Do this on the seventh evening. Do not destroy this Progress Test Paper, so that later—perhaps in years to come—it will serve as a guide in reviewing your unfoldment along The Path; and also enable you to complete your full Examination Papers which come to you with your 26th Lesson. Peace be unto you.

*Dinglemer*

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### BREATHINGS:

- (1). In "The Great Review", did you follow the "Morning Instruction"?.....
- (2). Did you feel that you could raise your emotion to a high point of feeling?.....
- (3). Did you follow the "Evening Instruction"?..... Did you memorize your new Meditation?.....
- (4). Do you feel that your Seventeenth week was truly filled with JOY?.....

### DOCUMENTARY LESSONS:

- (1). What is the 18th Lesson called?.....
- (2). In this Lesson, do you fully grasp the idea of the Creative Spirit speaking in the Silence?  
.....
- (3). Do you understand the relation between Thought and Speech?.....
- (4). On pages 2-3, what did you learn to do with Negative Thoughts?.....  
.....
- (5). Do you understand how the Subconscious Mind is impressed?.....
- (6). What is THE CONTAINER OF THOUGHT?.....
- (7). Do you now feel that you are "The Man at The Wheel"?.....  
.....  
.....  
.....

### PERSONAL REMARKS:

.....  
.....



"Let the man, who would be grateful,  
think of repaying a kindness, even  
while receiving it."—Seneca.



# The Institute of Mentalphysics— (First Church of Mystic Christianity)

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## INITIATE GROUP

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Issued from the Office of The Preceptor Emeritus of The Institute of Mentalphysics,  
Los Angeles, California, U.S.A.

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# YOUR NINETEENTH LESSON

## (Nineteenth Week)

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### MAN—THE DIVINE MAGNET

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#### *(a) The Battle Against Negation*

● **NEGATIVE CONDITIONS ARE ANTAGONISTIC TO LIFE. MAN SURROUNDS HIMSELF SO FIRMLY WITH NEGATIVE CONDITIONS—MENTAL, EMOTIONAL AND CIRCUMSTANTIAL—THAT THERE IS ONLY ONE WAY OPEN TO THE CREATIVE SPIRIT TO FREE ITSELF—THAT WAY IS DEATH. IT IS FAIRLY SAFE TO STATE THAT WHEN HE LEARNS TO EXPRESS POSITIVE CONDITIONS (INSTEAD OF SUPPRESSING THEM), WHEN HE LEARNS TO SUPPRESS NEGATIVE CONDITIONS (INSTEAD OF EXPRESSING THEM), HE WILL FREE HIMSELF FROM THE PENALTY OF DEATH.**

● This is a stupendous statement, but everything that you can learn from Science will confirm the belief, for scientists are discovering and admitting that the integral parts of the human body, the cells, are potentially immortal. It is perfectly obvious, now that we regard Man as the Magnet, that there must be a **REAL CORRESPONDENCE** between the condition of the substance of the body and the attracting medium. Now, **THINK** as you read. Reason this out for yourself. By **CORRESPONDENCE** is meant that the **CAUSE** and the **EFFECT** correspond.

*NOTE: The light from the flame corresponds to the flame, since the flame is the cause of light.*

● And now prepare yourself for a very definite statement: **It is:**

**THAT NOTHING CAN EXIST IN THE BODY THAT THE MAGNET DOES NOT ATTRACT.**

● *Nothing* can exist in the Body that the Magnet does not attract—is this true or is it not true? It seems to the Founder of Mentalphysics, who has tested this statement in his own experience in his own body, that the logic of this assertion is that if there is a cancer in the organism, there must be an attracting cause holding it there. This is so profoundly obvious when plainly stated that it is amazing how reluctant we are to admit it. But **IT IS TRUE**, is it not? It obviously **IS**.

● Now, it is not at all different with *Senility, Old Age and Death*. **IF THE CONDITIONS ARE NOT IN THE MAGNET IT IS QUITE IMPOSSIBLE FOR THEM TO BE EXPRESSED IN THE ORGANISM.**

● **THE DIFFICULTY WE HAVE TO CONTEND WITH IS THAT THEY ARE SO WELL CONCEALED IN THE SUBCONSCIOUS MIND THAT WE ARE TOTALLY UNCONSCIOUS OF THEIR EXISTENCE. BECAUSE WE ARE NOT CONSCIOUS**

OF THEM, HOWEVER, DOES NOT LESSEN THEIR BANEFUL INFLUENCE. IN FACT, OUR IGNORANCE OF THEM RENDERS THEM MORE SUBTLY DANGEROUS.

● I want you to know that Science has traveled a long way in this direction. It is not ready to admit that ALL disease, including SENILITY, is due to mental and emotional states. But Science states in no uncertain voice that many complaints of a nervous character are due to repression. Patient faithful investigators are pushing their researches gradually further into the realm of CAUSES. The time is not far away, we now prophesy, when it will be freely admitted that NO NEGATIVE STATE CAN EXIST IN THE BODY UNLESS IT HAS AN ATTRACTING CAUSE IN THE MAGNET.

### *(b) Positive Conditions Versus Negative Conditions*

● We start very early in life, first to SUPPRESS positive conditions, then to EXPRESS NEGATIVE ones. A child is warned with fear of punishment not to do many things it likes to do and wants to do. Right or wrong, the child resents the suppression, does on the sly things it dare not do openly, and Deceit is born in the Subconscious Mind. The suppression becomes a repression, and is then HIDDEN AWAY DEEPLY IN THE SUBCONSCIOUS MIND. It is clear that Deceit is a Negative condition that will remain there to the end of the days.

● But the child is a natural artist. It lives in its IMAGINATION. The Universe has little significance for it. It endeavors to express itself in a Universe of Make-belief. Gradually the parents impress their ideas upon it. As these ideas are for the most part negative, the child grows into a negative being, to repeat the blunders of its parents.

● One could write a book on this one theme. But we must pass it by. The student is asked to think for himself of the multifarious blunders of negation that he meets every day of his life among the people with whom he comes in contact. We must pass on to state that THE IDEA OF DEATH IS A NEGATIVE IDEA. It is put into the Mind of every child in its infancy. A child naturally fears Death. Nothing is more terrible. All the child's aspirations are anticipations of present bliss and future joy. Death is the end of all things to the child. The old are reconciled—they say, "Oh, I've had my day" and thus sum up their philosophy of life.

● NOT SO THE YOUNG. THEIR DAY IS NOW. IT IS THE TIME THAT IS. EVERY STEP OF THE WAY THROUGH LIFE IS ANTICIPATED WITH DELIGHT. SO TRUE IS THIS THAT THEY PROBABLY GET MORE PLEASURE OUT OF THE ANTICIPATION THAN THEY DO FROM THE REALIZATION. THEREFORE, THE IDEA OF DEATH IS OBNOXIOUS, DAMNABLE, DIABOLICAL.

● But it is presented to the child by its parents, by all who surround it. It sees the results. (Did you, dear student, know what *your* first funeral experience was? I well remember that first funeral I witnessed. I rebelled. I knew that Death was not a Law of Life, and I refused to believe that that dear old white-whiskered man was dead.) And the child grows up—it goes to funerals, visits cemeteries, and while it feels that it can live forever, it cannot face the issue. The evidence is too great. It does not question but HIDES the obnoxious thought deep down in the Subconscious Mind, where it lies buried, gradually drawing nearer to the time when the final breath is drawn.

*NOTE: Sometimes even the date is fixed, as in the case of Swedenborg, who wrote to Wesley canceling an appointment on the ground that he was to enter the spiritual state a day earlier.*

● A palmist will see a broken life line and tell the hysterical woman whose hand is being read that she will die at 35. This is a powerful suggestion. We know that the Subconscious Mind is amenable to suggestion, and the idea may be taken up and carried to a logical conclusion. Then her friends will say: "There—and the palmist told her so."



● It has been found that when a repression has been *dug out* of the Subconscious Mind that the CORRESPONDING SYMPTOM DISAPPEARS. The reason is that the Negative condition is reviewed and seen in a different light. THEN THE SUBCONSCIOUS MIND LETS IT GO, and the CONDITION PASSES AWAY. IN OTHER WORDS, IT LEAVES OUR CONSCIOUSNESS.

### *(c) Death is a Race Idea*

● Students in Mentalphysics are wanted very clearly and definitely to know that the IDEA OF DEATH IS A NEGATIVE CONDITION ACCEPTED BY THE RACE. The entire Human Race believes it. . . . THE IDEA IS BURIED IN THE SUBCONSCIOUS MIND OF THE RACE. IT IS A TRADITION. YES, A TRADITION, AND ANY MAN MAY BREAK FROM IT AS A TRADITION.

● By reviewing it, seeing it in its right light, as we are doing in these lessons, we may see that DEATH IS NOT A LAW OF LIFE; and gradually our Subconscious Minds will let the idea go, and the CORRESPONDING CONDITION WILL FADE AWAY INTO OBLIVION. For then there will be nothing in the Magnet to hold it.

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### **ADD TO YOUR MEDITATIONS:**

I AM FREE . . . I AM FREE . . . I AM FREE  
I AM ETERNAL LIFE . . . RADIANT . . . BEAUTIFUL . . . RESPLENDENT  
I AM ALL PERVADING . . . I AM FREE . . . I AM FREE . . . I AM FREE.

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### *(d) Your New Consciousness*

● MENTALPHYSICS is a system pre-eminently suited to the average man. What *every*-day men and women of affairs are after, as I comprehend it, is not so much what they are only on the physical plane—though this is important—but what and how they are *to think and act consciously to develop the highest capacities of themselves*. There are those of us who glimpse the possibility of living continuously, for example, or achieving some form of success which at the moment only lives in our Imagination, or transforming our physical beings from disease to perfection of health. Many human beings, on the other hand, do not know anything about themselves—anatomically, chemically, physically or otherwise. The percentage of true “livingness” is generally very low with men.

● But most men are like the writer—when I came to know, beyond any possibility of dispute, that I am biologically young and never can be old, that I produce *by my thinking*, in my physical organism only that which exists in my Consciousness and that *I have the power to develop a new Consciousness* when I know that my emotions are playing upon my marvelous human instrument every moment that I live, and that I can through my own thought, choose whatever tune shall be played upon this instrument . . . and a thousand other things affecting my life . . . then, BEING NO FOOL, I BEGIN TO LEARN THE ART OF LIVING.

● AND THAT IS WHAT WE ARE DOING. THE SALESMAN WHO IS INTERESTED PRIMARILY IN MAKING MORE MONEY THIS WEEK OR THE PERSON WHO IS COUCHED IN A CHAIR AT THE WINDOW UNABLE TO MOVE OUTDOORS, IS EQUALLY ABLE TO GAIN KNOWLEDGE FROM MENTALPHYSICS. BECAUSE, REALLY, THE ONLY THING THAT WE ARE ENGAGED UPON IS TO DISCOVER THE ONE PRINCIPLE, THE ONE LAW, AND THEN BEGIN TO OPERATE IT IN OUR LIVES FROM A THOUSAND DIFFERENT ANGLES. THAT IS ALL THERE IS TO BE DONE.

### *(e) As Old As Our Glands*

● We often hear nowadays that a man is “as old as his glands.” This is eminently true. It is in quite recent years only that we have had a science of the Glands. The study has

become a new branch of Physiology, for which a new name had to be coined. Hence the word Endocrines was used to cover all the glands, and Endocrinology is the name for the science of the Glands.

- Now, so far we have learned in MENTALPHYSICS that

(1) *Man has power of immortality here and now*—science declares that his cells are immortal.

(2) *Man is in eternity here and now*—though he does not know it.

(3) *Man is ignorant because he has not consciously been concerned with the Eternal Principles of Life.* Full of longings and ambitions and wishes and aspirations and prayers, all born in the feelings, Man has not learned that these feelings—emotions—running uncontrolled, only materialize for his hurt. Emotions are influencing him mostly for his hurt unless they are controlled and directed consciously by Thought.

- Now we have to learn further—*learn it so that it becomes a part of ourselves that "the potential immortality of all the essential cellular elements of the human body either has been fully demonstrated, or else has been carried far enough to make the probability very great that properly conducted experiments would DEMONSTRATE THE CONTINUANCE OF LIFE TO ANY DEFINITE EXTENT."*

- Couched in the cautious language of the scientist, the statement is none the less significant:

"The remarkable development recently brought about has been in the observation that the culture is no longer subject to the influence of time. There is no apparent 'ageing' of the individual cells, and under uniform conditions the tissues continue a uniform rate of growth. Matter of fact as it sounds, it is a venture out into the sea of darkness as dramatic as, but perhaps more far-reaching than, the voyage of Columbus. Our bodies are potentially immortal. All these years, while we have been observing old age creep upon a man and finally lay him low, and have said 'It is inevitable—it is the fate of all,' we have all been wrong. The change in cell structure which accompanies old age IS NOT THE CAUSE OF OLD AGE, BUT THE RESULT.

"What, then, is the span of human life? Four score years and ten? Actually the average is less than that. So far the probability that a man would die of disease has been so great that there was little chance of his living the maximum number of years. Considerable progress has been made in the fight on disease, but we have been so busy with that fight that little has been done in a scientific way to push back the hundred year mark which seems to have been the limit.

"PERHAPS THE DAY IS NOT FAR AWAY WHEN MOST OF US MAY REASONABLY EXPECT A HUNDRED YEARS OF LIFE. And if a hundred, why not a thousand?"

- The above quotation is from a treatise on the subject by one of our most celebrated scientists and experimenters. Now, think for yourself. A right thought is the strongest power in the world. *Thought is the prime cause of your life, and movement and action are the effect of that cause.* Right thinking of its very nature starts the mind process, or psychic process, through which perfection is made visible. As has already been shown, the mind that holds to the thought of disease will become diseased; the mind that holds to the thought of purity will purify, to health will heal, to strength will grow strong,—the mind that holds to the thought of LIFE will LIVE!

- THOUGHT IS MAN'S VERY STRENGTH, AND EVERY MISDIRECTED THOUGHT IS ENERGY AIMLESSLY EXPENDED. WITH THESE THOUGHTS IN MIND, LET US GO ON—BUT IS THERE ANY FURTHER NEED TO IMPRESS STUDENTS OF MENTALPHYSICS WITH THE TRUTH THAT THEY CAN MAKE OF THEIR LIVES WHATSOEVER THEY WISH? IT IS LITERALLY TRUE.

PEACE BE UNTO YOU—END OF NINETEENTH LESSON

*Written in Faith by Edwin J. Dingle,  
Los Angeles, California, U.S.A.*



## REMARKS ON THE CREATIVE BREATH

Do not hurry in any particular. Take time in getting the right technique, for if you start wrongly, the wrong habit will persist and you may never be able to correct it. There is much more "to" this Breath than mere physical breathing, and you are advised

- (i) Enter into the procedure of the Breath, at first, without breath retention.
- (ii) Then begin to go through the Breath with only a little breath retained;
- (iii) Then undertake the Breath with slightly increased breath retention, until you feel that you have fully mastered it as a strictly physical breath.

Having reached this stage, you should then begin on the



**First Position:**—Sit first in the sevenfold position—take time to be sure of posture; buttocks must be perfectly even on both sides, feet comfortable, spine erect and without any "twist" from the base of spine to neck; head straight. Then extend arms as shown, extending fingers, as if ready to grasp something. Then, maintaining the posture, exhale completely.



**Second Position:**—Having exhaled, begin to inhale slowly, and, as you do so, "hold the thought." The clutch the fists, as if you were holding the thought tightly in your hands. With inhalation, you gradually bring arms back as shown in above illustration, maintaining unbroken breathing until you are completely filled with air, as shown in "Third Position." Do not move head or legs; knees must be kept down.

## THE CREATIVE BREATH—To Accompany Lesson No. 19

(Under no circumstances must you show this Breath to another; follow instructions carefully; do not hurry.)



**Third Position:**—This is the point of full inhalation. Fists should be drawn into armpits as closely as possible; retain breath as long as possible, without strain, and during retention vividly hold the picture in your mind which you desire to bring into manifestation. After retention, exhale vigorously, while maintaining full posture.

higher spiritual and creative side of the exercise in this way

- (i) Get the position and right posture.
- (ii) In this posture, with eyes closed, create the mental picture of what you desire to bring into manifestation in your life, being so silent within that you can feel the picture as a definite mental "form."
- (iii) Grip the hands tightly, so that you feel muscular tension throughout the arms and the shoulders and feel as if you have firmly clasped the thought.

(Read next page before you begin the practice of this Breath.)



**Fourth Position:**—Having exhaled, gradually drop arms, opening the hands into complete relaxation until this position is reached. Then completely relax the whole body. Meditate upon the picture in your mind convinced that the spiritual power within you is actually creating the form you desire to see come into being.



## THE CREATIVE BREATH

(To accompany Your Nineteenth Lesson)

THE CREATIVE BREATH, illustrated on the previous page, will be practiced by you as you commence the study of YOUR NINETEENTH LESSON—your nineteenth week in our beloved Mentalphysics.

You will read on the first page of YOUR NINETEENTH LESSON ("Man—The Divine Magnet") that: "*Nothing can exist in the body that the Magnet does not attract.*" It is essential, at the time that you commence the practice of The Creative Breath, that you gain the irrevocable belief (if not knowledge) that you *are* the Creator, and that you do actually create, by the power and use of your own mind, whatever comes into your life. YOU ARE THE CREATOR OF YOUR OWN LIFE CONDITIONS—none but you, for you alone live your own life. With this truth established in your mind, you can see why you are introduced to the majestic CREATIVE BREATH at this juncture. You do recognize the truth that *you* alone create your life conditions! You are free! You are unfettered by aught other than your own thinking, your own decisions, your own creative action! You realize, too, that it is as easy to create conditions of power and health and happiness and wealth and success and hope and inspiration and beauty and love and complete emancipation from *all* negative conditions as to create conditions of unhappiness and misery and poverty and unhealth, and so on.

Stop right here. Do you believe it? Do you believe that "HE" doeth *all* things well—"HE," God, the Creative Spirit, the ever-moving Principle, the Divine Intelligence (or whatever name you care to use) which is *within you . . . which you are?* Do you believe it? You do? Then, make the most of The Creative Breath, which will enable you to make it more and more abundant, and more and more real in your life. You must remember, however, that of all the spiritual breathings to which you have so far been introduced THE CREATIVE BREATH is probably the most powerful—especially as a distinctly physical breath. It cannot be learned overnight. In learning how to practice it, you must exercise great patience and enter upon it with reverence and gratitude. Begin slowly, so that you shall not run the risk of developing bad habits.

Follow with great care the detailed instructions given in the caption under each illustration, and do not hurry. "Haste," says the Koran, "is of the devil." They stumble who run fast, and the more the haste, the worse the speed. If Satan ever laughs, it surely must be at those in haste, for they are his greatest dupes.

FIRST— Practice the breath, so that you order your body rightly.

SECOND—Having ordered your body's actions, order your mind in true tranquillity.

THIRD— Enter the higher aspect of this glorious Breath in fear that you break not the Law. It is left to your discretion as to the number of times daily you should undertake The Creative Breath. Remember—do not breathe too much; do not be afraid of breathing enough.

And my hope for you is that, through the patient practice of The Creative Breath, you may lead yourself into that beautiful peace which is the holy shadow that wisdom casts about us.

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BE HAPPY—GIVE THANKS.

## THE IMPORTANCE OF PRACTICE

"There is but one royal road to illumination and enlightenment and that is *PRACTICE, PRACTICE, PRACTICE!*

"To become a pianist, we must practice. To become a singer, we must practice. To become a lawyer, we must practice . . . and so on—*every phase of human activity needs practice, and practice only, to lead us into efficiency.*

"Of course, you will meet many who will tell you that there is no need for practice. In one of my classes in New York, at one time, there were two brothers and one sister. One of the brothers came into Mentalphysics for the express purpose of curing a rupture, and the other brother was crippled up with rheumatism. The sister came in 'merely because the boys were interested.' She, however, worked hard and practiced faithfully, and the brother with rheumatism did all that he was told to do. The result was that these two quickly changed their whole life outlook and expression. The other brother was a college professor, and regarded Mentalphysics as a very fine intellectual teaching, but was disinclined to maintain with zeal his spiritual practices. After six months, with the one brother conditions were so wonderful that he lost all his rheumatism, and is today a wonderful specimen of a man, a faithful student and *practicer* of Mentalphysics. The sister is a wonderful soul, and has *found her God*. The other brother is still floundering.

"When I came to inquire about this trio, I found that the college professor was everlastingly *talking about* Mentalphysics to his brother and sister. 'There is no need for practice,' he told them. 'We ought to be able to do it in an instant. Why should I have to spend time in meditation every day? Why should I have to do this—why should I have to do that?'

"In that manner he not only robbed himself of a priceless heritage, but he unconsciously tried to rob his brother and sister of what they were gaining for themselves. After four years, this brother is anxious to get better—he is almost bedridden now—but he will not 'toe the line'. And God says to us that we **MUST** 'toe the line'. We **MUST** obey the Law. The whole Universe is ours—and in Mentalphysics we know that the universe is My Whole Body—but we can only come into possession in **ONE WAY** . . . that is, by recovering our lost birth-right and learning the secrets of life, and then *LIVING EVERY MOMENT WHAT WE KNOW*."—DING LE MEI.

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"When I was thirteen I went to learn the trade of printing and kindred trades. I was the youngest apprentice among ten, and the other nine, by virtue of their seniority, had the power to order me around, and I was compelled to do their bidding. I naturally rebelled. The first two years were absolute slavery, but I gradually came to see that I was learning *something of value*—which the whole world could not take from me. Year after year went by, and I grew in the knowledge of my business, until at long last I was given my indenture and told that I was a full-fledged Journeyman. The apprenticeship was a terrible ordeal—discipline, discipline all the time. But it finally gave me the right to see that others did my bidding.

"So in the learning of the Royal Art. We must be patient, and not rebel. We must realize that this is The Way, and that there is no short cut. We may feel that we wish to be very spiritual, and want to get there much more quickly. We may listen to others, and thus be led astray. How many times have I seen students who are not 'making progress', as they think. Look into their lives, and you will find that they are not prepared to *practice*, and do not practice, yet *they think that the world owes them all its knowledge*. No, it cannot be done that way. We have to work, and be happy in our practice, and give thanks continually.



Science of Mentalphysics

Administration Offices and Main Auditorium  
Los Angeles California

*This photograph, as you will see, shows The Institute, headquarters of our beloved Mother Mentalphysics. Students in the Home Study Division are constantly visiting us from all parts of the world. A cordial invitation is extended to all out-of-town students in the Home Study Division to pay us a visit.*

## MEDITATION

### *My Own Thought—*

"I DO UTTERLY FORSAKE MY OWN THOUGHT, BORN OF MYSELF OR OF THE WILL OF MAN. I REST IN THE UNIVERSAL THOUGHT OF LIFE ITSELF."

### *My Own Feeling—*

"I DO UTTERLY FORSAKE EVERY FEELING, BORN OF MY OWN FLESH AND MY OWN WILL. I REALIZE ONLY THE INFLOWING OF THE ETERNAL SPIRIT AND KNOW MY REAL SELF, REFLECTED IN THE PERSONALITY OF ME, AS OF THE ONE."

### *My Own Action—*

"I DO UTTERLY FORSAKE EVERY DESIRE OF MY OWN TO ACTION. I SEEK ONLY TO KNOW AND FEEL THE WILL OF THE LORD OF THE ETERNAL WITHIN ME TO DO THAT WHICH MY HOLY, SPIRIT-SELF EXPRESSES."

### *My Own Memory—*

"I DO UTTERLY FORSAKE AND RENOUNCE ALL EFFORT OF MY OWN TO CREATE OR REMEMBER. THE CREATOR IS WITHIN ME, BRINGING ME WISDOM—A PERFECT DIVINE MEMORY, PERFECT POWER TO PERFECTLY CREATE IN REFLECTION THE TRUTH, THE LIGHT."

### *My Own Imagination—*

"I REALIZE, THROUGH DIVINE MEMORY, IMAGINATION AND INSPIRATION, ONLY THINE—THE ONE ETERNAL, EVERLASTING, NEVER-CHANGING, SELF-MANIFESTING SOURCE OF ALL, THE BEGINNING AND THE END, THE NO-BEGINNING AND NO-END . . . THAT, THE FATHER."





# The Institute of Mentalphysics— (First Church of Mystic Christianity)

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## INITIATE GROUP

Issued from the Office of The Preceptor Emeritus of The Institute of Mentalphysics,  
Los Angeles, California, U.S.A.

# YOUR TWENTIETH LESSON

(Twentieth Week)

## THE ENDOCRINE GLANDS THE GREAT CREATOR'S AGENTS

● Previously little was known about the Endocrines (the ductless glands). Probably the earliest recorded experiments were those in connection with the Thyroid. These have led to very important discoveries. The Glands are said to SECRETE substances of the utmost utility in the organism of the body.

### *(a) Work of the Glands*

● For a description of the Glands you are referred to any new work on Physiology. The older works do not contain the recent discoveries, but deal with the Salivary, Lachrymal (tear), Liver, Mammary, Pancreas and the Kidneys. The operation of these have been well observed, but until recently the functions of the Ductless Glands, such as the Suprarenal, Thyroid, Spleen, Pineal, Pituitary and others have remained practically a mystery. Medical science is doing more for the human race in its discoveries about the Ductless Glands than ever before in human history.

● ALL the glands have an important place in the human economy. It would appear that visible degeneration starts in the endocrines. Healthy thyroid glands have been found essential to growth. This gland is situated in front of the windpipe. Idiocy is frequently the result of injury or under-development of this gland, and very many defects are traced to faulty thyroids, such as obesity, certain skin diseases, neuralgia, defects of the hair, nails and scalp, goitre, lack of sex development, indifference to sex, impotence in both men and women, and so on.

### *(b) Gland Stimulation, Transplantation, Etc.*

● All people who read the newspaper have been informed more or less about the experiments that have been made with the transplantation of monkey and goat glands into the human body for the purpose of rejuvenation. Thousands of Americans and others have travelled to Vienna to be treated in that way by the famous originator of the operation, Dr. Steinach.

● There appears to be no doubt that many have derived benefit in this manner, regaining some of their early vigor and vitality. *Whether it is actually the operation, or the very powerful suggestion that it carries with it, is hard to decide;* but we are not concerned with that here.

● It is better to have the appendix removed than die of inflammation. It is better to draw a bad tooth than suffer torment. It is better to have a gland transplanted than to decay, BUT IT IS WISER AND SAFER TO PREVENT THE DECAYED TOOTH, THE INFLAMED APPENDIX OR THE PHYSICAL DEGENERATION.

● WHEN WE PULL A TOOTH, WHEN WE CUT OUT AN APPENDIX, WHEN WE PLANT A GLAND WE ARE DEALING WITH EFFECTS AND LEAVING THE CAUSE TO GO ON PRODUCING THE SAME CONDITION. WE REMOVE

**THE EFFECT AND LEAVE THE CAUSE UNTOUCHED.** IT HAS CONSEQUENTLY BEEN FOUND THAT THE EFFECT OF THE GLAND OPERATION IS ONLY TEMPORARY; ITS EFFECT DIES AWAY, AND ANOTHER OPERATION IS NECESSARY TO MAINTAIN THE REJUVENATION, AND WITH EACH OPERATION THE RESULT IS LESS EFFECTIVE (AND A TIME MUST COME WHEN IT WILL BE QUITE INEFFECTIVE).

● YOU CAN SEE THAT THEY ARE DEALING WITH THE EXTERNAL—WHERE THE EFFECT IS—and *leaving the internal alone*—WHERE THE CAUSE IS.

### *(c) Work of the Endocrines*

● We must understand that the function of the endocrines is to "secrete"—a better word would be *CREATE*, because the fluids they secrete do not exist until they are stimulated. Look at the Salivary glands, for example. Every one knows something about these. Suppose we put chewing gum into the mouth—the mouth may be normally moist, but as soon as we begin to chew the saliva flows freely, and will flow as long as we chew. *It is quite impossible for the Gland to contain, at one time, all the fluid it secretes.* IT MUST THEREFORE CREATE IT, for as saliva, it did not exist. The fluids of the body exist, and the glands respond by making the saliva from the existing fluids—just as we make bricks from existing clay.

NOTE: In chewing the gum the mind is more or less concentrated upon the operation. Stimulation of the Salivary Glands may be affected by an appetizing smell; then we say that "it makes our mouth water." Just the anticipation of a tasty morsel! Therefore, the mental attitude sets the saliva to flow. A THOUGHT DOES IT. (Remember the note on Mind-Substance.)

● Suppose that we learn of the death of a loved one. Immediately the emotion that it sets up opens the tear ducts and we weep. First the *thought*, then the *emotion*, then the *tears*. But this news may be false. It is not the death, but the THOUGHT of death, that caused the tears. A child will cry as readily AT THE THOUGHT OF LOSS AS IT WILL AT THE LOSS ITSELF. In both cases IT IS THE THOUGHT.

● Let us illustrate further: Intense jealousy will cause an over secretion of the gall ducts. The blood will be diffused with yellow and jaundice may result. There may be no real cause for jealousy, *but the result is the same as if there were.* IT IS THE THOUGHT OF JEALOUSY THAT ACTUATES THE GALL. It is common to say "green with jealousy," and jealousy is called the "green-eyed monster." When you get a fright, why do you feel sick at the stomach? You feel that you could almost vomit (as some do). Is it not due to an over secretion of bile?—caused by the THOUGHT OF DANGER. Almost everyone has experienced a dry mouth when some delicate situation closes the salivary ducts, as in stage fright. We all know that lascivious thoughts about sex concerns causes a secretion and flow of the seminal fluids. People who lead a busy life and have little time to think of such matters, although in normal health, do not secrete freely until the mind is turned in that direction.

● IT IS IN NO WAY DIFFERENT WITH ALL THE GLANDS. THEY ARE ACTED UPON FOR WEAL OR WOE BY THE THINKER. (For a detailed description of the Glands, apply to the Book Dept. of The Institute for a book, "YOUR SEX LIFE.")

● Does it not appear fairly clear that if intense jealousy will open the gall ducts and flood the blood with poison, from which one may never recover, that the OPPOSITE EMOTION WILL HAVE AN OPPOSITE EFFECT? If the FEAR THOUGHT will cause an excess flow of bile, surely the FEARLESS THOUGHT, the thought of being bold, dauntless, brave and strong, will have an opposite effect and urge the spirit to noble action! If lascivious thought produces a free flow of the seminal fluids, certainly thought of chastity will have an opposite effect, and restrain the fiery passions that waste our precious creative fluids in licentiousness.

### *(d) We Should Revere Our Power of Thought*

● It is evident to you where this immense power of secretion is going on, and how it



is directed—the power behind it all is the Creative Spirit, for it is the Creative Spirit that creates the substances in the body corresponding to the thought and emotion.

● **IMPORTANT: MEDITATION IS INTENSE THOUGHT.** You can see now that the thought in the Meditations, when persisted in, will PURIFY THE BODY OF ALL DROSS, RENDERING IT BEAUTIFUL, PURE and HOLY. Were the thought strong enough, the effect could be instantaneous. Until it is, be thankful for the lesser good. CONTINUE WITH YOUR MEDITATIONS! Never for a moment think that you can dispense with meditation; you cannot, if you would go on to mastery.

NOTE: We obviously cannot give much time to the study of the ductless glands. The student can do so, however, and is advised to do so if he or she is so inclined. We must pass on in these lessons to the wonderful chemistry of the body.

### (e) *The Chemist Within the Body*

● It is said that the body is the most Perfect Chemist Imaginable. Consider how it works. Food is transformed into blood, blood into tissue in its proper relation and place. Naturally we are led to investigate what controls all this work. *What controls the Endocrines?* The answer to this may not seem so apparent, for we are pushing our enquiries into a little explored realm.

● In view of what we have already studied you will be inclined to answer at once "The Creative Spirit controls the endocrines." Yes, BUT HOW? *In a word, THROUGH THE RADIANT ENERGY EMANATING FROM THE INMOST CENTER.*

● We have seen how the theory of the atom was changed to that of the electron, thence into the theory of the ion. We found that the ION was a UNIT OF ELECTRIC ENERGY. We therefore concluded that *all* matter is electric, radio-activity. Science admits this, that all matter is electronic energy, crystallized, solidified, massed. Then we followed on and saw that the Creative Spirit, which we likened to a magnet, held together the particles of the body *by the attractive power resident in the Magnet*, and in our meditations we found that this was a process of EMBODIMENT.

● It is not easy to form an idea of an Ion—a unit of energy. Those people who have witnessed a whirlwind know that they would not have seen it at all unless it had carried dust, but having seen the effect they know that the motion of the wind is in a spiral, revolving to a center, from the circumference. Imagine this infinitely small, so small that the Mind cannot conceive of it as an entity. In the steel magnet we see the principle of attraction and repulsion.

● Here our analogy fails, for our piece of steel does not contain life in itself in the same way as do the HUMAN MAGNETS. So that when the steel magnet "shorts"—that is, exhausts its magnetism—the two poles exhaust equally. *NOT SO THE HUMAN MAGNET.* The Stream of Life is positive.—CREATION THEREFORE IS POSITIVE, hence constructive.

● FOR THE LIFE OF THE HUMAN MAGNET IS BEING — REALITY — ABSOLUTE—THE THING THAT IS—THE WHOLE THING . . . of course, it is inconceivable to the finite human intellect.

### (f) *Negative and Positive in Man*

● NOW, THE NEGATIVE ATTITUDE OF MAN LOADS UP THIS BEAUTIFUL POSITIVE STREAM OF LIFE; IT IS AS IF ONE, TWO OR MORE PLATES IN A BATTERY WERE WEAKENED, SODDENED, BY OUR NEGATIVE THINKING AND RESULTING EMOTIONS. When this happens the endocrines become sluggish, weak, incapable of carrying on their work of repair and maintenance. THE BALANCE IS LOST—DEGENERATION SETS IN.

● THINK AS YOU PROCEED TO READ. SCIENCE HAS DISCOVERED BEYOND DOUBT THAT WHEN THE ENDOCRINES ARE IN THIS CONDITION THEY MAY BE STIMULATED BY LIGHT WAVES, PURPLE RAY, X RAYS, RAYS EMANATING FROM RADIUM AND OTHER RADIO-ACTIVE ELEMENTS. THE



PROCESS OF STIMULATION IS KNOWN AS IONIZATION. AGAIN, IN THE GLAND OPERATION ONLY ONE GLAND CAN BE TRANSPLANTED, THOUGH THIS IS THE PRINCIPAL MASTER GLAND OF THE HUMAN BODY. IT IS QUITE IMPOSSIBLE TO GET THE KNIFE TO THE PINEAL GLAND. THE MAMMARY GLANDS MAY BE REMOVED; BUT CANNOT BE REPLACED; NOR MAY THE SPLEEN BE TOUCHED. *IT IS EVIDENT THAT REJUVENATION BY OPERATION CAN AT BEST BE ONLY PARTIAL, AND THEREFORE, IN THE LIGHT OF THE SUBJECT WHICH WE ARE STUDYING, INEFFECTIVE.*

*NOTE: In these lessons we are not entering into a discussion or criticism of modern medical methods. It would be foolish, for we know that until Man learns what his TRUE NATURE is—that is, what the Creator is—he will needs have to be advised by doctors as to the best means for him to regain his lost health. What has been discovered by Science regarding the glands of the human body is nothing short of wonderful; and yet this writer feels that, in the light of true metaphysics, Science has as yet only begun.*

● Our claim in these lessons is that anything that is external to the I AM is, and can be, only temporary. There is a better way, a safe way, a way that need NEVER FAIL—a method that is only limited by our ability and zeal in OPERATING THE LAW. All the endocrines may be stimulated, ionized, *BY OUR THOUGHT*. We cannot touch certain glands with a knife, *but we can with our THOUGHT*. We can go anywhere and do anything with our Meditations.

● The student is invited at this stage quietly to sit and THINK ON THESE THINGS . . . THINK of the force of thought when, in deep meditation, one tells himself the TRUTH in the profound statement, sublime yet simple, "I AM HEALTH!"

● When you make this affirmation, with silent yet deep emotional feeling and a conviction that nothing can shake that you are TELLING YOURSELF THE TRUTH, the effect is that *EVERY PART OF YOU IS BEING IONIZED*. You do not say that you WILL BE health—you *claim it NOW*. The method may be applied to all the qualities—it is the LAW. Claim them in the present, not the Future, for they exist NOW in the Creative Spirit, which you are. When you say that you *will* be Young, you are putting it off. Tomorrow you say it again, and we know that tomorrow never comes. It is always ahead of you. You never get it. You are like a donkey whose rider dangles a carrot on the end of a stick before its nose, but it gets no nearer to the carrot.

● Tomorrow I will be well—tomorrow I will be happy and more successful—tomorrow I will be wealthy . . . NO, *a fool's paradise!*

TODAY I AM WELL

TODAY I AM HEALTH

TODAY I AM YOUTH

ETC.

No, not even today, BUT NOW.

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#### Affirmation

I am Youth—I am Beauty—I am Health—I am Wealth—I am Happy.

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AND WHAT MORE CAN YOU DESIRE—DEMAND?

NOW YOU ARE IONIZING EVERY PARTICLE OF YOUR BEING.

YOU ARE REJUVENATING EVERY CELL AND TISSUE.

YOU ARE ANNULLING THE NEGATIVE.

YOU ARE ESTABLISHING THE POSITIVE.

YOU ARE USING THE CREATIVE FORCE OF THE CREATIVE SPIRIT.

YOU ARE DIRECTING THE SUBCONSCIOUS MIND TO BUILD YOUTH, BEAUTY, HEALTH, WEALTH, HAPPINESS—SUCCESS IN EVERY FORM.

● Is there now any need, dear Student, to urge you to continue with the good work?

PEACE AND JOY BE YOURS—END OF TWENTIETH LESSON

*Written in Faith by Edwin J. Dingle,  
Los Angeles, California, U.S.A.*



# The Institute of Mentalphysics— (First Church of Mystic Christianity)

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## INITIATE GROUP

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Issued from the Office of The Preceptor Emeritus of The Institute of Mentalphysics,  
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# YOUR TWENTY-FIRST LESSON

## (Twenty-First Week)

*"True knowledge is the flour, false learning is the husk. If thou would'st eat the bread of Wisdom, the flour thou hast to knead with \*Amarita's waters. But if thou kneadest husks with Maya's dew, thou canst create but food for the black doves of death, the birds of birth, decay and sorrow."—Book of Golden Precepts.—\*Immortality.)*

### (a) *Learn the Law!*

● I am now to assume that you can say with absolute confidence that you have learned the way to live. So we will speak a little about RIGHT LIVING and RIGHT EFFORT, which are the fifth and sixth steps in the Noble Eightfold Pathway of Enlightenment. When we KNOW the way to live, then we can indulge in RIGHT EFFORT, and the more EFFORT we put into RIGHT LIVING the more of LIFE do we get to KNOW. (There is an inner meaning in these words, so ponder them well.) No matter how much EFFORT we put into life, if we do not know what RIGHT LIVING is, we merely make the confusion of life worse confounded. "Right Living" is the non-soiling of the Immortal Jewel, so that all that we do and say and think and feel—all that we are—is directed WITH the Immortal Stream of Life, and not against it. RIGHT EFFORT means that the candidate, wise and enlightened, understands his deed and his aim, knows that he is living in The Law ("Whatever the Creator is, I Am"), and knows that there is no need for consideration of the course of his life, any more than a man in perfect health needs to consider his heart-beat.

● Much more could be written about Right Living and Right Effort, but this will suffice at this writing.

● I repeat, then, that you can now say with absolute confidence that you can, by Concentrated Thought, ionize the entire body by concentration upon the I AM. When we sit in meditation upon the ABSOLUTE, the CREATIVE SPIRIT, we become in correspondence with it—hence, every molecule in our bodies, each the abode of Thought in no matter how slight a degree, is being brought (so to speak) into perfect relation and coordination with the Stream of Life within us.

TO MAKE THIS PRACTICAL, WHAT WE HAVE TO DO IS TO CULTIVATE THE HABIT OF ALWAYS ASSOCIATING OURSELVES IN OUR THOUGHT WITH HEALTH. BY SO DOING, WE ARE CONSCIOUSLY PUTTING OURSELVES UPON THE SIDE OF THE LAWS OF LIFE, INSTEAD OF OPPOSING THEM. GOOD HEALTH IS THEN INEVITABLE. IT IS NOT A MATTER OF CHANCE OR LUCK. IT IS AS CERTAIN AS IF WE WERE OPERATING THE LAWS OF ELECTRICITY AND USING THE CURRENT FOR OUR WORK.



NOTE: This is actually what we are doing, though at our present juncture in Mentalphysics the student is not aware exactly HOW he is doing it. But this is actually what is happening all the same. The writer of these Mentalphysics Lessons wishes to keep the personal pronoun out of them as far as possible, but it may be some inspiration to his students if he again states that there need be no fear about Perfect Health being the prize for our work. I have personally brought myself back through these methods from a state of persistent ill-health. If the student faithfully practices his Breathings and goes into Meditation reverently and regularly each day, there is only one result that can come. It may come more quickly to some than to others—BUT IT IS INEVITABLE.

● All the same, WE MUST OBEY THE LAWS. The average person, however, thinks bad health. He talks ill health on all possible occasions. How people like to talk about their operations, their colds, their aches and pains! How, then, can such people POSSIBLY acquire perfect health? They become WHAT THEY THINK. They are in correspondence with negative conditions, AND CONSEQUENTLY THE NEGATIVE CONDITIONS ARE WORKED OUT IN THEIR LIVES.

● But remember, the Laws of Life will much more readily work in our favor than against us, and so it is OUR OWN FAULT if we reap disease of body and mind instead of Glorious, Vibrating Health as we students of Mentalphysics are meditating upon.

### *(b) Vital Importance of Health in Our Studies*

● The objects of these studies is, among other things, to prolong life indefinitely, but we cannot do this unless we have good health. Just as you were instructed to think of Health, to form the HABIT of thinking health, so you are to have the habit of thinking yourself YOUNG. What I mean is that, no matter what you are doing, no matter where you may be, THINK HEALTH AND YOUTH.

● You are walking down the street—well, raise the vibration of your Mind, let that force of thought flood your whole body—"I am Health—" "I am Health—" "I AM YOUNG." And there is no untruth about this—it is TRUE; you ARE YOUNG, and consequently should be Health. From what you have learned, you have abundant evidence that YOU ARE Young. (If you do not believe this absolutely, go back over the previous Lessons—revise them—think about what you read—then when you have the firm conviction that you ARE YOUNG, proceed with this Lesson.) When you know for a fact that you are not more than a few years old at most, that you are probably not more than a year old, YOU CANNOT CONTINUE TO SAY AND THINK THAT YOU ARE OLD. . . . "As a Man Thinketh, SO IS HE."

● NOW, THINK AGAIN. WHEN YOU SAY THAT YOU ARE OLD, IT IS BECAUSE YOU ARE CONSCIOUS OF AGE. . . . But how CAN you be conscious of Age when YOU KNOW FOR A FACT THAT you are ONLY A FEW MONTHS OF AGE? YOU CANNOT—you can only be conscious of YOUTH. Therefore, you are urged—even if you feel this to be reiteration to the point of irritability—NEVER THINK OF YOURSELF AS AGED, OR AGEING.

● And as we are what we think, it is just as easy to form the HABIT of thinking yourself young—much easier, in fact, than to think of yourself as aged. And here is the beautiful truth: WHEN THIS HABIT BECOMES PART OF YOUR CONSCIOUSNESS, AS IT WILL, YOU CANNOT EXPRESS AGE, for as we have seen,

THE CONSCIOUSNESS CAN ONLY EXPRESS  
THAT WHICH YOU ARE CON-  
SCIOUS OF.

### *(c) Reason Out the Truth of Youth*

● Think about that horse again—the horse is not conscious of its Strength. The word conscious is derived from Latin words meaning to know. The horse undoubtedly has



the strength, but does not know that it has it; when it expresses its strength it does so at the bidding of its master—that is, the *Knower*.

- When you did not know the truth that the Laws of Life—Beauty, Strength, Wisdom, Youth and so on—are all RESIDENT WITHIN YOU, you were like the horse that does not know its strength.

- BUT NOW YOU DO KNOW. IT IS YOUR SOLE DUTY TO EXPRESS WHAT YOU KNOW.

- You are to use all the means in your power to get the conviction well established in the Mind, in your Consciousness (by thinking continually about it) that YOU ARE YOUNG. When you are doing this, remember, you are not setting out to persuade yourself against the fact of Life. NO—a thousand times no. You are confirming yourself in the TRUTH OF LIFE, which is that YOU, as a manifestation, an emanation of the Creative Spirit, ARE ETERNALLY YOUNG.

- “I am getting old”—you *lie* when you say that. You lie against the Laws of Life, and as a liar deserve the certain punishment that follows the liar.

### *(d) False Thought Devitalizes Life*

- Just as the habit of Right Thinking rejuvenates, so the habit of false thinking devitalizes. Thinking falsely about the Laws of Life that are operating in your body de-ionizes the tissues of the body. Whereas the habit of THINKING TRUE ionizes, that is *vitalizes* the tissues.

- WE KNOW, FROM A FORMER LESSON, THAT A HABIT BECOMES A MOOD, A PERMANENT ATTITUDE OF THE MIND TO THE UNIVERSE. DOES IT NOT FOLLOW, THEN, THAT WHEN A MOOD IS CONTINUALLY PLAYING UPON THE CELLS AND TISSUES IT MUST INEVITABLY VITALIZE OR DEVITALIZE IT, ACCORDING TO WHETHER THE MOOD IS GOOD OR BAD, POSITIVE OR NEGATIVE? IT IS PERFECTLY OBVIOUS THAT WE CANNOT HOPE TO LIVE LONG, OR TO ACCOMPLISH MUCH WORTHWHILE IN ANY WALK OF LIFE, IF OUR MOODS (AND GOING BACK A BIT, OUR THOUGHTS) ARE OF A NEGATIVE CHARACTER—IF WE ARE ALWAYS IN A STATE OF FEAR, SORROW OR WHATEVER ELSE OF A NEGATIVE NATURE; FOR THEN WE ARE THINKING EVIL.

- *But the habit of seeing the Negative side of life is very prevalent. Just listen to people's conversation — about the weather, about business, about their HEALTH—ABOUT ANYTHING.* “Yes, business is good, but it is too much to hope that it will keep up.” “Thanks, I am fairly well—just a bit of a cold, but I am afraid I am in for the ‘flu.’” And so on. I have no desire to fill up these pages with negativism. Such people see evil all the time—though perhaps unconsciously. It is always better to say: “Yes, business is good, and I see no reason why it should not keep good.” “I am very well—a bit of a cold, but that will soon go.”

- IT IS ALWAYS BETTER TO THINK WHAT A FINE THING IT IS THAT YOU HAVE THE STRENGTH TO DO A HARD DAY'S WORK THAN TO GROUSE ABOUT HOW TIRED YOU ARE. BETTER TO BE GRATEFUL FOR EVERYTHING, TO ENJOY WHAT YOU HAVE THAN TO LONG IN VAIN FOR WHAT YOU HAVE NOT—FOR THE MERE NEGATIVE LONGING FOR SOMETHING MERELY PUSHES IT FURTHER FROM YOU.

- All a matter of THINKING, HABIT, MOOD. Let us all together continue to form the cheerful, happy, optimistic mood. Let us get firmly established in our consciousness the POSITIVE ATTITUDES, not only to the Universe, but TO OURSELVES—TO OURSELVES.

● We ionize our body by our concentrated thought. It is as if we are an electric battery with the charge low, and we have to charge it. Now, let us take the following Meditation as our concentrated thought. The deeper we can get into the state of abstraction, the more rapidly and surely do we charge the battery.

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## **ADD TO YOUR MEDITATIONS:**

### **Affirmation**

"THE CREATOR IS ALL THAT THERE IS. THEREFORE, I AM THE CREATOR. HAS NOT THE UNIVERSE EXISTED FOR HUNDREDS OF THOUSANDS OF YEARS—SOME SAY MANY MILLIONS? THE TRUTH IS, THERE NEVER WAS A TIME WHEN IT WAS NOT. THERE NEVER WILL BE A TIME WHEN IT WILL NOT BE. SINCE THE UNIVERSE HAS ALWAYS EXISTED, WHY SHOULD I THINK THAT I WILL EVER CEASE TO BE. SINCE I AM THE CREATIVE SPIRIT, HOW IS IT POSSIBLE THAT I AM SUBJECT TO DEATH?"

I AM LIFE . . . I LIVE BECAUSE I WANT TO LIVE.

I AM NO LONGER AS A SHEEP, ONE OF THE FLOCK.

I AM AN INDIVIDUAL, RESOLVED TO DEFY THE FLOCK.

THE TRADITION OF THE FLOCK HAS NOTHING IN COMMON WITH ME.

I AM FREE . . . FREE . . . FREE. I AM LIFE ETERNAL

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●IMPORTANT NOTE FROM TEACHER TO STUDENT: You are now in your 21st week of instruction, and I trust that you have taken advantage of keeping in close touch with me as your Teacher. I truly desire to be a Teacher in the highest sense of the word to those who feel that they have met their Guide. If you were in Los Angeles you would be able to be taught by me by mouth-to-ear method. But it may be that you are far away. Never fear. You will gain as you put effort into your study and practice. If you feel that you have truly started on The Path, renew your zeal. The next few weeks will unfold much to you, and when you reach your 26th Lesson you will come into what is called The Inner Chamber, when more secret work will be revealed, for you will have proved yourself worthy.

PEACE BE UNTO YOU—END OF TWENTY-FIRST LESSON

*Written in Faith by Edwin J. Dingle,  
Los Angeles, California, U.S.A.*



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## INITIATE GROUP

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## YOUR 22nd LESSON

(Twenty-Second Week)

### THOUGHT IS ELECTRIC FORCE

● In Lesson Twenty-two we shall proceed with the IONIZATION of the Body on most practical lines. It is necessary to get into our minds as clear a perception as is possible of the force that we are using when we do this—THOUGHT. We are, of course, so accustomed to using this power that we rarely stop to enquire anything about it.

#### *(a) More About Thought and Electricity*

- What, then, is this force that we use every moment that we live?
- No one can state just exactly what electricity is; but, as I have previously remarked in these lessons, everyone knows HOW IT ACTS, and many men are able to direct its action. But what it is in itself no scientist will venture to state. A "force that is latent in Nature" is about the limit of our knowledge.
- BUT SCIENCE IS NOW DISCOVERING WHAT THE ANCIENTS HAVE KNOWN FOR CENTURIES, THAT THERE IS A SIMILARITY BETWEEN ELECTRIC FORCE AND THOUGHT FORCE. WHILE WHAT THOUGHT IS IN ITSELF MAY BE OBSCURE, AS ELECTRICITY MAY BE OBSCURE, HOW IT ACTS IS NOT OBSCURE.

*"THOUGHT IS THE CONSCIOUS ACTIVITY OF THE CREATIVE SPIRIT  
AS DIFFERENTIATED FROM THE SUBCONSCIOUS ACTIVITY OF THE CREATIVE SPIRIT."*

- One writer puts it as "Mind in Action", Action being the outcome of Energy, and Energy the product of Mind-substance. All this is true, for ALL IS MIND, not only in a Metaphysical sense, but in actuality. Hence everything in the Universe HAS BEEN THOUGHT into existence, and the force of Thought is the tool that does it—and, as explained already, THIS WHOLE UNIVERSE IS A GREAT THINKING ORGANISM, everything coming from Thought.
- When I say "I am *thinking*", the words refer to the "I AM"—the "ME"—who is consciously forming ideas. Certain signs in the sky will cause me to say, "It is going to rain." Whether it rains or not is not of such vital importance to the human body, but what I THINK about the body is of tremendous importance. But if the "I AM" thinks, "Everyone around here is catching the flu—I am sure to get it," and then allows the mind to dwell upon it in conscious fear, the person thinking this is making preparation for a visit to the hospital.
- That Thought is a Force has been abundantly proven in recent years. The brain is, one may say, like a battery, for it is indisputable that Thought is stored up and operated from the brain. The force of Thought may be either concentrated, as when we



send a message along the nerve to the fingers to direct the operation of writing or any other work; or dispersed in every direction (radiated) as we do in singing or speaking to an audience. In the latter case the thought is first concentrated in the brain, and then liberated by speech and gesture in every direction.

● *Let us put this as simply as possible by way of illustration. An inventor sits and concentrates the force of his thought upon an idea, gradually building up a THOUGHT-FORM. He does this by attracting the subtle Mind-substance into the form of the object of which he has a mental picture—say a machine. This, then, EXISTS AS A THOUGHT FORM BEFORE IT CAN BE MATERIALIZED. In short, a mental concept must precede the making of the machine. It is then said to exist in the Imagination of the inventor. It is the RESULT OF CONCENTRATED THOUGHT, and the inventor then knows exactly HOW to go about his work, for he HAS IT IN HIS MIND.*

● But when we stand upon a platform to address a crowd, we radiate, we broadcast, our own mental concepts into the receivers—the brains of our listeners. The audience then acts as so many broadcasters to spread our ideas. Speaking generally, the receivers are weaker batteries, their radio-thought-activity is weak. In the case of the speaker, the radio-activity of the thinker is acting upon and through vibrations of sound—he has charged his battery by his concentrated thinking, that is, his MEDITATIONS upon the matter in hand.

● WE KNOW THAT THERE ARE VIBRATIONS MORE SUBTLE THAN THE BRAIN CAN PERCEIVE. IN LIKE MANNER, THERE ARE THOUGHT VIBRATIONS SO RARIFIED THAT THEY ARE NOT POSSIBLE OF INTERPRETATION IN TERMS OF PHYSICAL VIBRATION. IT IS COMMON TO SAY “AS QUICK AS THOUGHT”. THOUGHT TRAVELS MORE QUICKLY THAN LIGHT. WHEN WE PRICK OUR FINGER, THE BRAIN KNOWS INSTANTLY; THE LAPSE OF TIME BETWEEN THE WOUND AND ITS PERCEPTION IN THE BRAIN, CAN NOT BE MEASURED, SO RAPID IS THE RESPONSE.

### *(b) The Wonderful Realm of Imagination*

● But there is a realm of Thought that is not dependent on the senses. To prick a finger causes a “sense—ation.” The speaker also causes “Sense—ation.” Not so in the higher realm. If I were not writing this, you, the student, could not perceive my meaning. If the speaker were to remain silent in thought before his audience they would have no idea of his cogitations, and his great thoughts would be lost upon the people he was facing. IDEATION, however, is not dependent upon the senses. We have ample experience of this in dreams—or in the state of hypnosis.

● In the state of auto-hypnosis, which we induce in our Meditations, Thought is acting quite independent of Sensation. That is why we lose all sense of time, for TIME IS THE SENSATION OF THE SUCCESSION OF EVENTS. Without events, we could not mark time.

● The realm that we refer to is the *Realm of Imagination*. It is said truly that the Imagination can imagine anything, everything, and we have but to think a moment to realize that there is nothing in existence that was not first imagined. *Because it IS in existence—in the whole realm of Mind-substance—we can imagine it.*

● HERE IS WHERE WE MAY MAKE A PERSONAL APPLICATION OF THE FORCE OF THOUGHT, THIS BEING OUR SOLE OBJECT IN THESE LESSONS.

● Whatever attribute you desire—be it Youth, Beauty, Health, Success, Strength, Power to make money, Success in love or anything else—do not attempt to WILL it—it should not be attempted that way. Rather, IMAGINE IT—VISUALIZE IT. And do not imagine it as something that is TO BE obtained, for then you are thinking in the future tense. “To Be” is tomorrow, and tomorrow never comes. Thus you postpone your benefit.

IMAGINE THAT YOU ACTUALLY POSSESS IT NOW.  
THAT YOU ACTUALLY HAVE IT, NOW, NOW, NOW.

● *Let us illustrate: You say that you are old—you state that you are fifty. Well, in your Mind you associate with fifty years of age certain qualities that are commonly supposed to exist at the age of fifty. These ideas are negative. So that, when you associate yourself with them, the Subconscious Mind, accepting the Tradition of the Race, proceeds through your acquiescence to build those accepted qualities into your body.*

● **IF YOU DO NOT ACCEPT, YOU REFUSE THE RACE TRADITION.** *Instead, you proceed to work ON THE IMAGINATION IN OPPOSITION TO THE RACE HABIT, FORMING A MENTAL CONCEPT OF JUST WHAT YOU DESIRE TO BE.*

● You desire YOUTH: Just how young do you desire to be? There is no standard of Youth, for some at 16 appear 26 and *vice versa*. You are not to say and think that you are 16. What you have to do is to imagine yourself as you want to be. You form a mental concept, as the inventor does. Let us apply this to the voice: You want to be a beautiful singer, and of course you have to start with the limitations of your physical organ. Suppose that you are a natural tenor, but there may be so little to work on that you are actually ashamed of it. Never mind, start right in to IMAGINE that you have a perfectly wonderful voice—not that you WILL HAVE IT, but that you HAVE IT NOW. As all things must exist in the IDEAL before they are embodied, YOU HAVE actually what you desire in the Idea state. You embody them by your attitude to them.

● With this idea firmly rooted in the Imagination, you start right away to cultivate it—you study music and practise. If the student will go at it earnestly, there is the nothing to prevent him from developing a beautiful voice. In a short time he will surprise both himself and his friends. *This is no chimera, and what is more, the PRINCIPLE may be applied IN ANY DIRECTION, so long as it is not applied negatively.*

● You desire a clear skin: Say that you have a sallow sickly complexion. Start in to imagine yourself with a fine, delicately-tinted peachlike skin. It may SOUND silly, but it is not by any means. As we know that the skin is renewed very rapidly, persistent thinking and meditation in this way will color the new growth with a picture of your ideation. **THE INTENSITY OF YOUR CONCENTRATED THOUGHT IS THE MEASURE OF YOUR SUCCESS.**

● Therefore, you are advised to add to your Meditations at this point whatever quality you may wish to develop; for you now know how it is done.

*(c) As Within, So Without*

● As we think of an Infinity beyond, that is, external to ourselves, so we may think of an Infinity WITHIN OURSELVES. It is almost as if there were TWO Infinities, one within us, the other without. Really there is but One, for we stand, as we found in our Meditations, at the Center, in a middle position, with a world within us and a Universe external.

● The body is a world in itself. **SO IS THE CELL.** The cell for purposes of these lessons, may be described as composed of atoms, electrons, ions, the latter being the least particle known to Science.

NOTE: *It is not essential that you should know anything about the inner mechanism of the body—better that you do, of course; but it IS essential that you know yourself to be in harmony with it. You are advised to read any books that come to your hand on Natural Philosophy, for the more information that you can obtain regarding the power that drives your wonderful human machine the more will you be led to develop a deeper reverence for your own DIVINE NATURE. A great inspiration will come to you from the conscious understanding of who and what you are.*



● When this writer went to school the atom was thought to be, and was so described, as the "least divisible particle of matter". Matter at that time was generally thought to be something inert, dead. But in a few years all that has been changed. Science has pushed its inquiries so far that when we know what actually has been discovered we stand in very awe before the wondrous majesty of the Creative Spirit that sustains and PERPETUATES THE WONDROUS UNIVERSE. "Perpetual sustenance is perpetual existence."

● Known to Science, there are (I believe) 88 different kinds of atoms. That of Uranium is the heaviest. The simplest, an atom of Hydrogen, has a nucleus around which an electron travels billions of times per second. The brain, of course, cannot conceive such speed. Forty of these elements are radio-active—that is, they are fire particles, radiating their energy in every direction. If you have not seen radium, try by all means to get a glimpse of this marvelous element. You have seen a blacksmith striking a piece of white-hot metal: sparks fly in all directions. Imagine this heat to appear the color of the stars, and the sparks to fly without the hammer; then think of it as infinitely small, only to be seen in a microscope in dense darkness, and you have some idea of the appearance of radium.

● THE ACTIVITY FROM RADIO-ACTIVE SUBSTANCES HAS BEEN WEIGHED AND MEASURED. IT IS NOT A MATTER OF GUESSWORK. STUDENTS OF MENTALPHYSICS MAY THINK OF THIS ENERGY AS DIVINE LIGHT, AND THE MATTER ITSELF AS DIVINE WISDOM.

● THIS WRITER BELIEVES THE TIME IS NOT FAR DISTANT WHEN IT WILL BE KNOWN TO SCIENCE THAT THOUGHT IS PRECISELY SIMILAR AS A FORCE. THOUGHT CANNOT YET BE MEASURED, BUT THE TIME IS COMING WHEN IT WILL BE.

PEACE BE UNTO YOU—END OF TWENTY-SECOND LESSON

*Written in Faith by Edwin J. Dingle,  
Los Angeles, California, U.S.A.*

#### NOTICE REGARDING BOOKS WRITTEN BY DING LE MEI

● I have often been asked what books I have prepared in Mentalphysics, and for the convenience of Students who may desire to acquire these publications, I append the following list, with the donation required for individual publications, as well as for the complete Library:

COMPLETE LIBRARY . . . . .	Donation: \$13.50
Breathing Your Way to Youth . . . . .	\$7.50
Your Sex Life . . . . .	1.00
Guide to Your Chemical Type . . . . .	1.00
Imagination . . . . .	0.50
How to Meditate . . . . .	0.50
Your Mind and Its Mysteries . . . . .	0.50
Information on Diet . . . . .	1.00
Lesson on "Supply" . . . . .	1.00
Lesson on "Constipation" . . . . .	1.00
Lesson on "Your Eyes" . . . . .	1.00
Lesson on "Your Ears" . . . . .	1.00
The Living Word . . . . .	2.00
Special Volume: "BORDERLANDS OF ETERNITY," by Ding Le Mei	
Donation: \$5.00. 560 pp.; 54 illustrations, beautifully bound.	

● These publications are, of course, available to the public, and Students often find it convenient—seeing that they are instructed to secrecy about their own Lessons—to have these publications on hand to enable their friends to receive an authorized exposition of Mentalphysics.



## PROGRESS TEST PAPER—No. 10

If you have made a careful study of your Spiritual Breathings and your latest Lessons, you are prepared to answer the following questions.

You are advised to most carefully fill in your answers to these questions, so that you may build into your consciousness more deeply that which you have learned.

Do this on the seventh evening. Do not destroy this Progress Test Paper, so that later—perhaps in years to come—it will serve as a guide in reviewing your unfoldment along The Path; and also enable you to complete your full Examination Papers which come to you with your 26th Lesson. Peace be unto you.

*Ding Lee Mei*

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### BREATHINGS:

(1). Are you weak in any particular Breathing that you are practising (if so, which?)

.....

(2). Do you feel the effect of better breathing during the day?.....

If so, explain what you feel.....

(3). Are you mentally more alert than you used to be?.....

### DOCUMENTARY LESSONS:

(1). What is Lesson 19 called?.....

(2). What sort of Idea is DEATH?.....

(3). We are considered as OLD AS OUR—what?.....

(4). What have we LEARNED SO FAR IN MENTALPHYSICS?

(Write answers in full, 1-2-3, on back of paper)

(5). THE GREAT CREATOR'S AGENTS ARE—what?.....

(6). Do you feel that you understand THE FUNCTION OF THE ENDOCRINES?.....

(7). Do you understand the importance of the present tense in Meditation?.....

### PERSONAL REMARKS:

.....

.....



## PROGRESS TEST PAPER—No. 11

If you have made a careful study of your Spiritual Breathings and your latest Lessons, you are prepared to answer the following questions.

You are advised to most carefully fill in your answers to these questions, so that you may build into your consciousness more deeply that which you have learned.

Do this on the seventh evening. Do not destroy this Progress Test Paper, so that later—perhaps in years to come—it will serve as a guide in reviewing your unfoldment along The Path; and also enable you to complete your full Examination Papers which come to you with your 26th Lesson. Peace be unto you.

*Dimple Mei*

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### BREATHINGS:

- (1). Do you fully understand relation of Breath to Prana?.....
- (2). Why is MIND SUBSTANCE like Prana?.....
- (3). Have our Breathings taught you to see that Breath IS Life on all Planes?.....

### DOCUMENTARY LESSONS:

- (1). What is the title of this Lesson?.....
- (2). If you think bad health or anything negative, what must you do?.....
- (3). Do you know that false thought devitalizes life?.....
- (4). What does A HABIT BECOME?.....
- (5). Your Consciousness can only express what?.....
- (6). Have you memorized Meditation in Lesson 21?.....
- (7). What is THOUGHT, and what is THE MEASURE OF YOUR CONCENTRATED THOUGHT?.....

### PERSONAL REMARKS:

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# The Institute of Mentalphysics— (First Church of Mystic Christianity)

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## INITIATE GROUP

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Issued from the Office of The Preceptor Emeritus of The Institute of Mentalphysics,  
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# YOUR TWENTY-THIRD LESSON

## (Twenty-Third Week)

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### THE SUPREME ARCHITECT AND THE ENDOCRINES

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- One of the great epoch-making discoveries of any age was that of steam power. When Watts discovered and invented the steam engine he did not know it, but he revolutionized a world. The steamship was invented by Fulton 22 years later. Stevenson brought forth to an admiring world the first locomotive, The Rocket, 1814. Then later on, came electricity, the telegraph, the telephone, the radio, the airplane. Still more interesting was the discovery of the circulation of the blood by Harvey, a London doctor. Also the discovery of radium. More recent still is the work of the *Endocrines*, Ductless Glands.
- This discovery is destined to cause as great a revolution in the attitude of Man towards his body as the discovery of steam did to the world in general.
- *THE ENDOCRINES ARE THE MAKERS OF DESTINY.* The Supreme Architect works through the human glands. The edifice of your body is made, built up, sustained and maintained by the work of the endocrines. This power does not distinguish between the noble and the ignoble. It takes as much interest in a black skin as a white, the weak as the strong, the virtuous as the unvirtuous. All the currents and undercurrents that go on in the chemistry of the body—the building up, the breaking down, the changes from infancy to youth and age are operated by the endocrines.
- IF YOU ARE A SAMSON, IF YOU ARE BENT AND WRINKLED WITH AGE, IF YOU ARE FULL OF PEP AND POWER, IF YOU ARE A MASS OF INFERIORITY COMPLEXES, YOUR ENDOCRINES HAVE DONE IT.

### *(a) The Master Glands and Human Energy*

- The Master glands are the sex glands—intimately and sympathetically RELATED TO ALL OTHER GLANDS. Injury to them injures the whole body. When depleted, run down, exhausted, all the body suffers. Similarly, all human energy is in some way related to sex energy. Beauty, health, strength, genius—these do not exist separate from sex efficiency. Thus it is true that Man (and Woman) is as old as his glands.
- In the Far East, where mutilation of the sex glands is a common practice, four out of five infants castrated die in infancy. Women who have their ovaries removed lose their vivacity and brightness, are sluggish and heavy unless they have developed a higher consciousness. They are unsexed and grow masculine in appearance. Certain sects cause some adherents to suppress all sex instincts, and the women become masculine in appearance, with a distinct tendency to grow beards; while the men change in the opposite direction, tending towards a feminine appearance. They lose contact with their fellows, the voice becomes shrill, and the general character is such that they are called "queer".
- It will be seen, then how important it is that the sex glands are neither abused nor injured. For, after all, is it not clear that the CREATIVE SPIRIT SENDS THE

LIFE STREAM THROUGH THESE ORGANS TO PERPETUATE THE RACE—THAT IS, THE LIFE OF THE UNIVERSE?

### *(b) Endocrines the Makers of Destiny*

● The endocrines are the makers of destiny because they control the chemical changes (metabolism) of the body, and are therefore responsible for HEALTH. The plant draws its energy largely from the Sun. The human body attracts energy from food, but also gathers radiant energy from the Sun—it is radiant energy that keeps the atoms of the cells in perpetual activity. (Remember here the truth of the Magnet.)

● Deeper still we find that each cell has a storage battery. The cells are charged by the direct activity of the Creative Spirit. If it were not that Man has the faculty of Thought, it is probable that they would never be depleted. But Man thinks independently, and, because he is not aware that a great deal of his thinking is negative, he deadens the battery. He does this, of course (as we have already seen) because he has not trained himself to think IN HARMONY WITH THE CREATIVE SPIRIT. He has been ignorant of his connection with the Creative Spirit, and therefore opposes it with his thinking, until it ends in his extinction. This is inevitable and will remain so until we REVERSE our THOUGHT PROCESSES.

● *BUT BY THINKING IN HARMONY WITH THE CREATIVE SPIRIT, MAN DOES NOT OPPOSE THE LAW, AND THEREFORE DOES NOT MAKE WHAT ARE KNOWN AS "EVIL CONDITIONS."*

● All the Radiant Elements known to Science have their correspondence in the human body, and you are advised to go to a library and trace for yourself the component factors of the body—such as the amount of calcium the body contains, of sodium, potassium, magnesium, phosphorus, brimstone, hydrogen, and so on (of the latter you have probably enough in your body which, if it were put into a balloon would lift you far above the clouds).

● The atoms of all the elements have their own rate of vibration and velocity. All unconscious of the marvelously complicated operations carried on by the Creative Spirit, through the Subconscious Mind, Man may go about his duties in peace and contentment, oblivious of the vital fact that he is *in some way or other influencing the work of his mentality, and for the most part directing it to lead him to the grave.*

● Now, listen: The Endocrines have the task of transforming the substances of the body into OTHER SUBSTANCES. In the mother the Mammary Glands convert blood into milk. The Salivary Glands change by a process of selection the serum into saliva. AND SO ON WITH ALL THE ENDOCRINES.

### *(c) Concentrated Thought and the Endocrines*

● We have again and again repeated that the body may be stimulated by concentration, and you may go back over the lessons to find many examples of how this is done. Further proof of it may be found in such experiments as this: A subject is balanced upon an instrument similar to a "see-saw", lying flat upon his back. He is told to think of his feet, and that end of the balance begins to fall. He is told to think of the head, and it reverses, the head part falling downwards. The REASON FOR THIS IS THAT BLOOD FOLLOWS THE THOUGHT—or, more commonly expressed, "Blood follows the attention."

● While advice is always given to concentrate upon the whole body in our Meditations there are times when it is wise to concentrate upon a particular organ. As for instance: you concentrate upon the Larynx to develop a singing voice; for strong biceps upon these muscles, and physical culture instructors have abundantly proved the power of thought in that direction. The pianist concentrates upon the hands for technical execution. And so on with whatever we may desire to do. But students are not advised to concentrate upon any particular organ without first having sought further information.



● Now, the REASON Concentrated Thought IONIZES THE CELLS IS THAT THOUGHT is a kind of Electricity which recharges the battery (read over the last lesson). When we meditate upon Health in the manner taught in Mentalphysics, we assist the work of metabolism or secretion. The cells are electrified, ionized. In this way sluggish cells are re-animated to healthy action. It is as if you go to a man struggling with a load and give him a lift. The cellular tissues are energized, stimulated, enlivened, animated—charged with new power through Thought. Followers of Mentalphysics methods KNOW the EFFECT of this, and are not so concerned with the details of the work.

● Drugs, gland extracts, magnetic rays, electric batteries and all such contrivances, while of some use, are artificial. *THE METHOD AS TAUGHT IN MENTALPHYSICS DISCLOSES NATURE'S OWN WAY. THE RESULTS ARE ALWAYS GOOD. WHY? BECAUSE YOU PLACE YOURSELF IN HARMONY WITH THE POWER THAT DRIVES THE UNIVERSE.*

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### ADD TO YOUR MEDITATIONS:

#### Affirmation

I AM HEALTH. I AM STRENGTH. I AM BEAUTY. I AM YOUTH.  
I AM LIFE . . . LIFE . . . LIFE. ETERNAL LIFE.

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#### *(d) Thoughts, Emotions and the Glands*

● Concentration upon ANY part of the body not only sends the blood to the part (for "blood follows the attention"), but carries the finer substances that can only be described by the word, electron or ion. But there are also known to exist other substances that are too fine to be observed by material scientific means—as the Ether.

● As we have said before, concentration energizes the parts of the body being concentrated upon, whether the concentration be conscious or unconscious. The most familiar form of it is the blush. Some people blush only on the face. Others on the neck, but some blush all over the body. A pleasurable sensation will cause a heat all over the body, so that we perspire freely. This concentration, we repeat, is **LARGELY UNCONSCIOUS**, the thoughts and emotions having effect upon our organisms just the same.

● To illustrate this point: It may be mentioned that the red flush is usually beyond control, arising on quite embarrassing occasions. The cry of an infant will cause a reaction in a mother in which the Mammary Glands are stirred to increased activity—indeed, there is a case on record where, on the death of the mother, the reaction occurred to the father, enabling him to suckle the child. We are all more or less familiar with the effect of Thought and Emotion on the Gonads. There is no doubt that the love emotion, and thought about sex matters, increases the sexual secretions.

● These Lessons are not Physiology Lessons, and what is being referred to is not being put in technical fashion: there is no need for us to go deeply into the matter either, but sufficient must be shown the student to enable him intelligently to get the knowledge of *HOW THE GLANDS AFFECT HIM FOR GOOD OR ILL*. For example: The Thyroid is in the neck, astride and below the Larynx—in goiter there is an obvious enlargement of this gland. The Thyroid appears to be largely responsible for growth. Rats and rabbits deprived of the gland do not grow, while other specimens to which the extract has been fed grow to great proportions, while others get to such a size as to be "unnatural". Many physical disturbances and ill-health are traceable to defective Thyroids.

### (e) Ionize the Glands

NOTE: What follows may be applied to any of the Endocrines. We all know how to stimulate the genitals by *thinking*, and they respond readily because they have been trained by our thought to do so. But this does not apply to the other glands, because many of us did not even know that they existed. Well, direct the thought upon the neck in a similar manner. Think of the beauty the neck glands can give, of the strength, the vitality and so on. It helps concentration to TALK to the part. "The glands of my neck (of my whole body) are now functioning perfectly. They give me true development, they assist the circulation of the blood. They recreate for me a beautiful skin. They are radiant with Health, Strength and Beauty." People who do not KNOW may be critical, or skeptical, but after a time of earnest Meditation the student gets so "fine" in his thought that he can ACTUALLY FEEL the work being carried on within his body, for he will have emotionally caught the force of Prana.

- As we are not teaching Physiology, the student is strongly urged to read any NEW work on the Ductless Glands. Learn something about that wonderful SPLEEN, which has the power to keep us immune from Disease. Your Spleen is ONE OF YOUR BEST FRIENDS—"It protects me from harm—it keeps me—it renders me free from senility and the attacks of time."

(Dempsey was a great fighter because of his adrenals. This is the *Work* gland; the fountain of reserve energy: before any undertaking let the Mind dwell upon this Gland, praising it; it is the "Do It Now" gland. WORRY USES UP the secretions unduly, and then follow fatigue, listlessness, flaccid muscles, poor nutrition, sadness, genital weakness, anaemia and so on.)

- LEARN ABOUT THE PINEAL . . . which occult students know to be the organ of the Sixth Sense. Meditation on it can be used for the development of intuition. In occultism it is the Positive gland, and when in concentration for Positive Prana you can feel this gland vibrate.
- LEARN ABOUT THE PITUITARY . . . which occult students claim is the great "Motherhood" gland, the Negative, as distinct from the Pineal, the Positive.
- LEARN ABOUT ALL THE GLANDS . . . the liver, kidneys, testes, ovaries, parathyroids, etc., and get to know what is their especial work for YOU in your wonderful human organism.

You will then be in a better position to visualize the wondrous operation of that Great Temple in which you live.

PEACE BE UNTO YOU—END OF TWENTY-THIRD LESSON

*Written in Faith by Edwin J. Dingle,  
Los Angeles, California, U.S.A.*



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## INITIATE GROUP

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Issued from the Office of The Preceptor Emeritus of The Institute of Mentalphysics,  
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## YOUR 24th LESSON

(Twenty-Fourth Week)

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### THE SUPREME ARCHITECT AND THE ENDOCRINES PART TWO

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"Prepare Thyself, for thou wilt have to  
travel on alone  
The Teacher can but point the way.  
The Path is one for all; the means to  
reach the goal must vary with the Pilgrim."

● You may be assured that all the Endocrines are so intimately related that when one is affected the others suffer, and that you have within you a network of forces which cannot be surpassed even in your Imagination. And you have to know beyond doubt that Meditation on any of the glands radiates to all the others the benefits demanded, even those that are so small as to have been so far neglected by the scientist.

#### *(a) Your Glands Are YOU*

● ALL THE ENDOCRINES ARE PERFORMING IMMEASURABLY USEFUL WORK, FOR YOU ARE WHAT YOUR GLANDS ARE. THEY ALL DISCHARGE VALUABLE FLUIDS INTO THE BLOOD. SOME OF THESE FLUIDS HAVE BEEN ANALYZED, SO THAT THEIR CHEMICAL CONSTITUENTS ARE KNOWN. BUT IN MENTALPHYSICS WE HAVE DIFFERENT PROCEDURE AND A DIFFERENT OBJECTIVE. WE DO NOT WAIT UNTIL WE ARE ILL. BY CONCENTRATION AND REVERENT MEDITATION WE RENDER OURSELVES WELL-NIGH IMMUNE TO ILLNESS IN ANY FORM. SOME MAY QUESTION THIS POSSIBILITY, BECAUSE THEY DO NOT KNOW WHAT WE KNOW. THEY MUST NOT BE CONDEMNED. WE IN MENTALPHYSICS ARE GOING TO KNOW OURSELVES AS VERY GODS. THE PRESENT WRITER WHO, IN EARLY LIFE AND IN MANY COUNTRIES SUFFERED FROM PRACTICALLY EVERY DISEASE IT WAS POSSIBLE TO CONTRACT IN THE TROPICS AND ELSEWHERE, HAS PROVED THE TRUTH OF THESE WRITINGS. FROM A PHYSICAL WRECK HE HAS TRANSFORMED HIMSELF INTO A MAN VERY MUCH YOUNGER, AND HIS FINE PHYSICAL CONDITION IS A MATTER OF COMMENT EVERYWHERE HE LECTURES.

● When we understand what the Endocrines are doing for us, and what we may do for them, we get a different conception entirely of that BEAUTIFUL MEANINGFUL SENTENCE—

"As a Man Thinketh in His Heart, So Is He."



● Meditate, then, upon your ductless glands. To do this, place yourself in an attitude of mind where reverence predominates. Talk to the different parts of your body, as you would converse with a friend—for verily your Glands are your greatest friends.

FOR THE ENDOCRINES ARE THE VERY CHANNELS WHICH THE CREATIVE SPIRIT USES FOR THE PERPETUATION OF LIFE—and YOU ARE THE CREATIVE SPIRIT EMBODIED IN THE HUMAN FORM.

### *(b) Give Thanks Today*

● Perhaps you have already procured further information regarding the Ductless Glands. If you make your own investigations along this line, it will be better for you, *though the result of the knowledge that Mentalphysics teaches will be achieved just as well without detailed knowledge of how it is done.* The same applies to the body from the point of view of the Nervous System—it is better to understand it, but if you are carrying out the work laid down here for you, you will by this time know that the improvement is taking place with no direct conscious knowledge of the "how" of it by you. But the more we know about our marvelous bodies, the more truly reverent we become when we contemplate this excelling piece of machinery and the GREAT MECHANIC who created it.

● You have learned so far here that there are certain LAWS OF MIND which never change. By experiment they can be PROVEN over and over again. *This writer's knowledge of the Laws of Mind justify him in stating that your knowledge should by now be so profoundly impressed and rooted in your Mind that doubt regarding the things you have been and are still learning, and of your own creative ability to do and be whatever you wish, should have vanished like snow on the mountain.*

● *IT IS ESSENTIAL. THAT WE BELIEVE. IT IS ESSENTIAL ALSO THAT WE SHOULD LIVE WHAT WE KNOW. OTHERWISE, YOU ARE MERELY WASTING YOUR MONEY AND YOUR TIME IN TAKING THIS BEAUTIFUL TEACHING.*

● You have some knowledge of the Glandular System, but no less important is the Sympathetic Nervous System. Most people believe that their brain, which may be likened to a receiving and broadcasting station, is located in the head. This is only partly true.

● THE NERVES ARE THE AVENUES BY WHICH WE CARRY MESSAGES—SENSATION—FROM ANY PART OF THE BODY TO THE BRAIN, AND AN ELECTRIC CABLE IS MADE ON THE SAME PRINCIPLE AS A NERVE. IT CONSISTS OF A NUMBER OF WIRES INSULATED FROM EACH OTHER, ENCLOSED IN AN INSULATED TUBE TO PROTECT THE CURRENT AND PREVENT IT FROM ESCAPING, THE EXTERIOR MEMBRANE OF THE NERVE SERVING AS AN INSULATOR IN LIKE MANNER.

### *(c) Importance of the Spinal Column*

● You have but to make a little experiment with a pin to find that there is no spot in the body that is not connected with the Brain. If the brain in the head were the only receiving house, we should then expect to find all the nerves connected to the brain. This is not so. At all events, not directly. The bulk of the nerves are connected to the Spinal Brain. The brain structure starts at the bottom of the spinal column, terminating in the cranium. It consists of a double chain of ganglion, made up of brain cells of very high power, protected by the massive structure of the vertebrae. It takes its name from its appearing like knots, for ganglion means knot. Attached to

this brain cord are two definite centers, where the nerves are connected like the WIRES IN A TELEPHONE EXCHANGE. The first is the Pelvic Plexus—so called from its proximity to the pelvis; it is situated near the extremity of the spine.

- Probably the student will already know much of this elementary matter, but it is of value that he review his knowledge from another angle—that of our Lessons.

- The next center is the Solar Plexus, so called by the astrologers who say it is under the control of the Sun. It is said by them to be the heat center. It is situated behind the stomach, and from it radiates the network of nerves. This is known as the Abdominal Brain.

NOTE: The value of this region can be told in the words of Dr. Bryon Robinson, who discovered its function: "It presides over nutrition; controls circulation; presides over the organs of generation." . . . In a word, it is the BRAIN OF THE SUBCONSCIOUS MIND. This plexus, however, has auxiliaries, one named after its discoverer, Meissner, being connected throughout the entire digestive tube, and "consists of a countless number of brains that have to do with the manufacture and delivery of the digestive ferments required in the action of metabolism." Then there is Auerbach's plexus, also attached to the digestive apparatus, producing the action of the tube. . . . THESE ARE BOTH SYSTEMS OF INTELLIGENCE OPERATED BY THE SUBCONSCIOUS MIND WHICH, UNDISTURBED, WORK IN HARMONIOUS COOPERATION.

#### *(d) More About Thought and Emotion*

- The above has been written not at all with any idea of making this Lesson a technical affair, but merely to carry conviction to the student about a point we will now consider. In the whole of the Lessons in this course of Mentalphysics we have seen how the Thoughts and Emotions act on and in the physical organism. Now we are able to understand perhaps how the machine works.

- It is well known that in a low state of civilization man is normally healthy—much more than in a complex society. We saw in our Breathing lessons that civilized man knows little about correct breathing. But one can show that Man in his more "civilized" state loses much of his inherent knowledge of many things. THE LESS MAN USES HIS REASONING FACULTIES—THAT IS, HIS CONSCIOUS THINKING AND EMOTIONS—THE LESS HE INTERFERES WITH THE SUBCONSCIOUS MIND. IT IS PLAIN THAT ANY UNTOWARD EMOTION ACTS ON THE TWO PLEXUSES ABOVE MENTIONED, CAUSING AN OVER OR AN UNDER-SECRETION (IN A WORD, INSUFFICIENT LUBRICATION).

- Women, more commonly than men, are subject to a state of nervous fear of indefinable dread. The emotion of Fear acts upon the muscles, causing contraction. The whole digestive apparatus suffers, and then we say that they have constipation.

- BUT THE CREATIVE SPIRIT—MARK THIS WELL—has provided FOR EMERGENCY, FOR IN THE MEDULLA THERE IS AN ORGAN KNOWN AS THE INHIBITORY CENTER (SO CALLED BECAUSE IT INHIBITS, SHUTS OFF THE FLOW OF INJURIOUS EMOTION). AMONG OCCULTISTS THIS IS KNOWN AS THE CRUCIFIXION CENTER. IT ACTS AUTOMATICALLY. IT WILL SUFFER MUCH VIOLENCE BEFORE IT BREAKS DOWN. PERSISTENT BAD MOODS, however, devitalize it and nervous prostration follows.

- Although children are moody, they do not PERSIST, for they will cry one moment and laugh the next. But in adults the mood will persist for years, even a lifetime. When the centre breaks down, the emotions have free play upon the body and the entire system is AUTO-poisoned. There are visible effects and evidence of this upon the street in the many people we meet. The face is almost bloodless in many people; the muscles drawn tight and tense as if every muscle in the body were contracted (as indeed is the case). Any of the adverse moods attacks this centre.

- It must be apparent to you, too, that the moods are very complex. Man is seldom actuated by a single thought, a single mood. Depression caused by disappointment may dominate, but Fear, Greed, Anger, Anxiety and a hundred others may bear it company.



● TOO MUCH EMPHASIS, THEN, CANNOT POSSIBLY BE PLACED ON THE NECESSITY, AND IN OUR CASE EXTREME ADVISABILITY, OF AVOIDING ANY NEGATIVE THOUGHT OR EMOTION. WE FOUND QUITE EARLY IN OUR STUDIES THAT THE SUBCONSCIOUS MIND DOES NOT REASON—IT TAKES EVERYTHING FROM THE CONSCIOUS MIND SERIOUSLY, NO MATTER HOW ABSURD OR INJURIOUS IT MAY BE, AND WORKS IT OUT IN MENTAL AND PHYSICAL PHENOMENA TO ITS LOGICAL CONCLUSION.

NOTE: You will remember our reference to the man in the state of hypnosis being told that a tallow candle was a stick of candy, and believing it. Similarly, tell that man—any man in a similar state—that he is a dog and he will bark and act like a dog. Change the idea! Tell him that he is a fish and he will try to act like a fish. Remember this.

The work that we are doing in these Lessons is something like this—a sort of auto-hypnosis.

### *(e) Now We Know How To Do It*

● Knowing how the Mind acts, we know everything. Meditations bring the enormous power and force of the Mind (principally the Subconscious Mind, WHICH NEVER ERRS IN ITS WORK) upon a DEFINITE AIM. What we are doing is to direct this power to the achievement of HEALTH, SUCCESS, REJUVENATION, and the ART OF LIVING. A wonderful aim. What is to be done is quite clear, but we must thoroughly understand it. Through understanding we get CONVICTION. Then we must ACT ON OUR CONVICTIONS. When we are CONVINCED THAT WE ARE NOT SUBJECT TO DISEASE, OLD AGE, DECAY, we ACT on that conviction—rather, THE SUBCONSCIOUS MIND DOES.

● CHANGE THE CONVICTION, AS WE ARE DOING, BY ELIMINATION OF THE RACE TRADITIONAL CONVICTIONS, AND WE CHANGE CONDITIONS. WHEN WE GET THE IDEA OF DEATH OUT OF THE MIND WE HAVE ROOM TO PUT SOMETHING ELSE MORE BEAUTIFUL TO TAKE ITS PLACE, FOR WE KILL ANY IDEA, OR A HABIT, BY CREATING AND BUILDING INTO OUR CONSCIOUSNESS, ITS DIRECT OPPOSITE. THAT IS, WHEN WE TAKE DEATH FROM OUR CONSCIOUSNESS, WE THEN REALIZE THAT WE HAVE THE POWER AND ABILITY TO LIVE AS LONG AS WE DESIRE TO LIVE.

● When we know that we are no longer conscious of time—that is, the limitation of time—time then for us does not exist. When we are no longer conscious of Age in any form. Age no longer exists for us. It cannot. AND WHEN WE REALIZE WITH AN UNSHAKEABLE CONVICTION THAT WE ARE WHAT THE CREATIVE SPIRIT IS, then we see that the "I Am" of us is Omniscient, Omnipotent, Omnipresent.

● Ah, and when we see the I AM in that light, then there is ABSOLUTELY NO LIMITATION for us, for WHATEVER THE CREATOR IS WE ARE.

● When we REALIZE that we are the Creative Spirit, and all that wondrous Truth means, then for us HOW CAN THERE BE Disease, Old Age, decay or death? It simply CANNOT BE.

● We can, as we have seen, by the concentration of our Thought upon any part of the body, ionize that part. But when we come to the SUPREME REALIZATION this will not be necessary. Until we arrive at that point, however, we can see and use the lesser good. We can concentrate the Mind upon WHATSOEVER WE DESIRE, and feel assured that the Subconscious Mind will work out our hopes and aims and convictions to a logical conclusion in our life.

PEACE BE UNTO YOU—END OF TWENTY-FOURTH LESSON

*Written in Faith by Edwin J. Dingle,  
Los Angeles, California, U.S.A.*





# The Institute of Mentalphysics— (First Church of Mystic Christianity)

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## INITIATE GROUP

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Issued from the Office of The Preceptor Emeritus of The Institute of Mentalphysics,  
Los Angeles, California, U.S.A.

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# YOUR TWENTY-FIFTH LESSON

## (TWENTY-FIFTH WEEK)

### MAN'S HABITS AND HIS DESTINY

*"Have patience, Candidate, as one who fears no failure, courts no success. Fix thy Soul's gaze upon the star whose ray thou art, the flaming star that shines within the lightless depths of ever being, the boundless fields of the Unknown."*

- Knowing what we now know, we can see easily that the short cut to **WHATSOEVER WE DESIRE** is by the building of a **NEW CONSCIOUSNESS** through Meditation and the conscious effort to uproot bad habits and make new ones with which to replace them. As a man thinketh so is he, and his Thought is carried out largely by habit. The centers of our brains which are used in our thinking are all governed by habits.
- **WE HAVE FORMED HABITS OF THOUGHT**—of Eating—of Sitting—of Speaking—of Circulation—of Moods . . . and so on, and so on—but probably the basic trouble with most of us is that we have formed **HABITS OF BREATHING**, and as **Breath Is the Flywheel of Life**, most of our habits are what our very breath makes them—"good" habits or "bad" habits.
- Practically everything that we think, do and say is the result of *habits*.
- **NOW, YOU KNOW YOUR HABITS—OR YOU CAN FIND OUT EASILY ENOUGH. I DO NOT AND CANNOT KNOW THEM.** Do you **HONESTLY THINK IT WORTH YOUR WHILE TO START IN AND MAKE A COMPLETE INVENTORY OF YOURSELF AS YOU WOULD OF YOUR BUSINESS?** Take **STOCK**. Commence at once!

### *(a) Create Habits of True Living*

- **YOU NOW KNOW THE WAY TO CREATE NEW HABITS BY A METHOD THAT CANNOT FAIL**, and you know how to annihilate **BAD HABITS**. You will be the loser, and you alone, if you do not take some trouble with yourself now that you *know* how to find out who you are and where you are going.
- Nothing can be gained by using many words. As your Teacher, I can only hope that you will be so filled with enthusiasm to make Mentalphysics a **REAL THING** that you will go on to **ABSOLUTE MASTERY**—that you will use every moment available for the discovery of your true self.
- We may all perform miracles with ourselves—if *we will*. I might write you twenty more pages on this subject, advising you to do so, and point out what you should do. You **NOW KNOW**—it is for you to **LIVE WHAT YOU KNOW**, and if you do, rest assured that sooner than you can contemplate Life will be a great Transformation for you, with a future which will outshine the past in every detail for sheer glory—power—happiness—and Understanding.

- But only in precise relation to *your own effort*.

### (b) "Go thou and tell no man"

● I confess that my hands tremble as I set out to inquire of the Student who has come thus far whether he or she can truthfully assert that they are making progress. For twenty-four weeks—if you have been faithful—you have been traveling a road you did not know before. You should be on the road to Spiritual Consciousness, and a gleam of light of the Eternal Illumination should be yours. But I know how hard this Path is to tread, for to travel along this Path of Attainment one has to discard many of the old ideas, old friends often, old and sometimes well-beloved negations of life—for on this Journey we must not be overladen with worthless impedimenta.

● And what should the student by this time feel—he who is earnest? **HE HAS BUT STARTED—WHAT SHOULD BE HIS IMPRESSIONS, HIS FEELING, HIS REALIZATION?**

● First, you should be conscious of having entered into some unknown land. The scene will scarcely be recognized, though the prospect is fully pleasing. There are no familiar landmarks. You realize that there is a great distance between yourself and your friends whom you have left at the foot of the hill. They regard you perhaps as having started out to lose yourself, and they may perhaps frantically wave their arms to warn you. But you have a new-found courage, you have entered into the true Spiritual Consciousness, and as you have gained the knowledge and felt the Truth of the "*Whatever the Creator is I am*" you have been taken possession of by a fierce joy. **YOU MAY FEEL THAT, WHATEVER HAPPENS, "I WILL PRESS ON"—EVEN DEATH ITSELF, WHICH WE NOW KNOW DOES NOT EXIST, CANNOT TURN ME BACK FROM THE MARK OF MY HIGH CALLING.**

● *If you have this feeling, give thanks.* Create more and more courage within your own mind. Trust the Spirit within—which **YOU ARE**. The light of the Spirit is always a safe guide, but very few of us have the confidence and trust which will allow us wholly to be guided by it. Though the object of the early teaching of Mentalphysics is to teach primarily Health, Rejuvenation, Success and the Art of Living, the student who has entered the Spiritual Consciousness will find that everywhere, every day, he will find his "Magnet" drawing to him those things and those people which will lead him on higher and higher up the spiral Path of Light.

—"*Know, O Disciple, that those who have passed through the Silence, and felt its peace, and retained its strength, they long that you shall pass through it also. Therefore, in the Hall of Learning, when he is capable of entering there, the Disciple will always find his Master.*"

### (c) The Generative Life Stream

● While this teacher would counsel the student again to study for himself the effect of the Ductless Glands upon the human body, we will pursue the subject just so far as is necessary to convince us that the process of Thought and the action of the glandular system are so interlocked as to be of the same root to produce the same flower of—Health or the reverse. The genitals are the master glands. All glands are inter-related, but the sex glands are the strongest of all, and no man or woman can expect to enjoy life to the full whose genitals are weak, depleted or exhausted. (Much impotence in both sexes is due to over-indulgence or abuse, and then comes exhaustion. Repression is also a very active cause.) It is apparent that any secretions, in any of the endocrines ought to be used. Non-use brings atrophy. If the secretions are not used they will either overflow or strain the delicate tissues holding them, resulting in discomfort, pain, lack of balance and eventual complete disorganization.



● We know that when the Mammary glands are charged with milk unduly there is discomfort. It is the same with all the glands, though less obvious. Several of the glands expel their secretions to the surface—as, for instance, the Salivary glands. The minor gland also expel fluids, some of which are not even yet determined by modern Science. Then you can see how the secretions of many of the glands act merely as lubrication. Not all the secretions from the sex glands are directed towards procreation, *nor are the sex glands inactive unless under sexual activity*—these invaluable secretions are taken up in the blood.

● You have but to think a moment to realize how important the sex organs are in the continuance of the Race. The organs of generation are those sacred channels through which the Creative Spirit propels the Generative Life Stream. The Race from generation to generation is carried over through these glands. The world has endured for a very long time—probably millions of years. Think, then, how many people it has taken to place you where you are as you read these words. Is there any wonder that we are complex beings when we realize that all of these people have added their contribution to the sum total of ourselves today. That, however, is the Tradition of the Race, and *IT IS FROM THAT THAT WE HAVE TO BREAK*, to change the flow of the life stream from propagating the race to maintain our perpetual existence.

#### *(d) What of Our Heredity?*

● This contribution to our present make-up is spoken of as heredity. Back of these millions of people (rather, WITHIN them) the Creative Spirit has been embodied all the time. The individual only transmits those traits that he takes to himself. He has made them his own. We can see, then, that each of those millions of people who have contributed to put us physically where we are, have added to us their ideas, but when we remember the working of the Subconscious Mind of the Race we know that we have been subject to many millions more—our contemporaries and friends, not to mention those who have gone before us. This in the aggregate is the Race Thought, a tradition from which we have to break. Think of the superstitions of the Race to which we are subject. Our ancestors would not have consented to the telephone, the telegraph, the airplane, to the movies, to television. They would have denied it, as we are all denying today our spiritual heritage. When Wheatstone invented the telegraph HE BROKE AWAY FROM TRADITION, from the RACE Mind. When Lindbergh, alone and allowing NOTHING to disturb his confidence that he could do it though no other man had flown solo across the Atlantic, BROKE AWAY FROM THE RACE MIND.

● *YOU ARE DOING LIKEWISE. YOU ARE BREAKING AWAY FROM THE RACE MIND THAT THOUGHT ITSELF SUBJECT TO DECAY AND DEATH AND OLD AGE AND OTHER BOGEYS. THE STRONGER THE IMAGINATION THE QUICKER AND BETTER THE RESULTS.*

● There is a school which teaches that the seminal fluid contains a power that transcends any other power in the body or the mind. The student should familiarize himself with this. It is taught that if the student will concentrate his mind upon the sex organs the fluids secreted will enter the blood stream and be created into mental power. This is a higher occult study, which we cannot deal with in this Initiate Group Course, but which will be brought to the student after worthiness to have it revealed has been established.

● *OUR GREAT POINT IS: THAT WE ARE GETTING AWAY FROM TRADITION \* \* THAT WE KNOW THAT THE IMAGINATION IS OUR MOST IMPORTANT TOOL BY WHICH WE MAY CARVE OUR WAY INTO SAFETY \* \* THAT WE ARE AND HAVE EVERYTHING NECESSARY TO ENABLE US TO REACH COMPLETE MASTERY \* \* \* AND WE ARE DOING IT.*



### *(e) I Will Refuse!*

● What we want to say, with all the strength of our spirit, is that "I WILL REFUSE TO BE DIRECTED BY THE RACE"—I, the Creative Spirit Embodied, refuse to be under the control of the Race Mind which will build into me, without my knowledge, all the attributes which end in Failure, Disappointment, Decay, Disease and Death—NO, No, No, I WILL NOT!

● Look at it in this way: Let us be like infants—we will build our lives anew. The infant is like a new book without any writing in it. The infant brings no ideas (conscious ideas) with it. Ideation cannot start until the Mind begins to operate. The first writing put into the book are the first ideas. The first ideas, sensations, come from the parents. Now, there are TWO KINDS OF IDEAS, Ideas TRUE TO NATURE, Ideas FALSE TO NATURE. In other words, good and evil. LET US BE THE AUTHORS OF THIS NEW BOOK OF LIFE OF OURS. Let us keep it sacred. We will do the writing, otherwise the THINKING—for as we THINK so ARE We!

● I take it that all who have come to this Lesson will with all their Minds declare that they have the power and the ability to live as long as they desire, to *do* what they wish to do so, to be what they wish to be (then, learning this, we shall fulfill the Cosmic plan in our lives). They BELIEVE it—now it is for us to REALIZE it. We have so far compared the living organism with the automobile that is carefully constructed of the finest steel, mechanically perfect, operating smoothly, all parts functioning in HARMONY WITH ONE ANOTHER.

● Then we compared this with the body, and we asked you to think of this wonderful automobile equipped with a power to KEEP itself in that condition. We are like the automobile, only INFINITELY MORE HARMONIOUS IN OUR WORKING, but unlike the automobile, we have inherent, automatic practically unlimited powers of self-starting, self-building, self-operating, self-adjusting, self-repairing, self-renovating, self-generating, self-renewing and self-governing.

● JUST THINK what a machine we are!—even physically.

● Then imagine if there were an automobile like this. Why, IT WOULD BE IMPOSSIBLE FOR SUCH A MACHINE TO GROW OLD, WEAR OUT, decay and FALL TO RUIN, in other words, to die! Utterly impossible. It is impossible for us—if we obey The Law.

● I have just been reading an article in "Health and Culture," a New York magazine (for July, 1929) in which Dr. G. R. Clements writes on "Why We Should Not Grow Old," remarking that the life of a fruit fly, by mere control of temperature, has been lengthened to 900 times its usual life-span. Think of this. If this were done for man, he could live nearly 2,000 years—and if it can be done for one life organism, why not another?

● Therefore, AGAIN I SAY "I WILL REFUSE TO DECAY—I WILL LIVE, for I AM LEARNING THE LAW OF LIFE."

● Let no one think we are emphasizing too much the physical—we shall understand the Spiritual as we grow in knowledge and control of the Physical. We understand the ocean by microscopic examination of the single drop of water. We understand the Macrocosm by understanding the Microcosm. We understand Nature through understanding Man. We understand Life through understanding the operation and result of its manifestation. I understand God through understanding myself.

● In the work that we shall now soon enter upon, we shall be led on and on as far as we can go.

Your Review Lesson—an examination—will shortly be sent to you, so that your first Diploma may be issued by The Institute.

PEACE BE UNTO YOU—END OF TWENTY-FIFTH LESSON

*Written in Faith by Edwin J. Dingle,  
Los Angeles, California, U.S.A.*



# The Institute of Mentalphysics— (First Church of Mystic Christianity)

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## INITIATE GROUP

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# YOUR TWENTY-SIXTH LESSON

## (TWENTY-SIXTH WEEK)

*"Search for the Path. But be of clean heart before thou startest on thy journey. Before thou takest thy first step, learn to discern the real from the false, the ever-fleeting from the everlasting. Learn, above all, to separate Head-learning from Soul-Wisdom, the 'Eye' from the 'Heart' doctrine."*

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### THE TRIUMPHANT FIRST STEP

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- I was interested in listening to a friend of mine the other night talking about a small island in Lake Windermere, in the North of England, where there is a crude stone tower, in the four sides of which there are four windows. Each window has a different colored glass. One is green, one yellow, one red, and one blue. These correspond to the seasons of the year. Look through the green pane of glass and you see that the country is bathed in the freshness of green in the Spring. Look through the yellow, and you are in the summer time. Look through the red and you notice the countryside change to the rich tints of the fall of the year. Looking through the blue glass and there comes over the scene an aspect of depth of winter. Thus at any time of the year, you may, looking through these glasses, have the sensation of the four seasons of the year. (Get some glass and try it, and see that you can create four *illusions*; but you will KNOW that they are illusions and that you are DECEIVED by them.)
- As I talked with my friend I thought what a magnificent illustration that is for us who are trying to understand the Art of Living. We were deceived by the illusions all about us and within us—but we are already on the path to freedom. *We look at the world through the colored glass of the mind, and we are in the tower all the time.*
- Sufficient should have been learned so far in the Initiate Group Course in Mentalphysics to have CONVINCED the student.
- In his sixth lecture, Freud says: "For I assure you that it is very possible, in fact probable, that the dreamer *does* know what his dream means, but HE DOES NOT KNOW THAT HE KNOWS, and therefore BELIEVES THAT HE DOES NOT KNOW."
- WHAT APPLIES TO A DREAM, WHERE A DREAMER DOES NOT KNOW THAT HE IS THE CAUSE OF THE DREAM, IS TRUE OF ALL THAT GOES TO MAKE UP OUR SENSORY LIFE.
- Again, we wonder why it is that while the cells of the body know how to do the work of building the body, Man as an organism does not, which would lead one to suppose that the cells are wiser than the Man. My answer is: "YOU DO KNOW, BUT DO NOT KNOW THAT YOU KNOW." Which is another way of saying that the Spiritual Mind, the Creative Spirit, knows; but that the Conscious Mind very often does not.



● We look at the world through the colored glasses of the Conscious Mind. We are in the tower, and so see the world as it APPEARS, NOT AS IT IS. We are what the Race Mind has made us.

● The RACE MIND has handed down the idea of OLD AGE and Failure and Disease and Death to us. We give our consent. Unthinkingly we acquiesce. But, when we come to know that we have been fooled, we can dig it all out from our consciousness, and write it in the "infant book" that we mentioned. We can dig and dig, as we are doing in our Meditations, for every time that we say "I am Health and Youth and Life" we are shovelling at the roots of the Race Idea. And this is Truth what you are reading. We need not fear, *for the Truth Shall Make Us Free!*

● We all want Eternal Youth, and once more let me say that WHEN YOU ARE NO LONGER CONSCIOUS OF THE LIMITATIONS OF AGE YOU HAVE ETERNAL YOUTH. (The same remark applies to everything that we demand, for when we build a New Consciousness we can only REFLECT WHAT IS IN THAT CONSCIOUSNESS.) It is so profoundly logical that we have only to think long enough about it to REALIZE IT AS A TRUTH. Then we have mastered the secret, have discovered The Law; then we must OBEY The Law.

IT IS THE SPIRIT THAT QUICKENETH.  
THE FLESH PROFITETH NOTHING.

● We have been led to believe that the lungs, the kidneys, liver, heart, spleen and other parts of our bodies WEAR OUT. What a LIE! They will atrophy, it is true, but not unless we allow them to. If we do not USE them, then they will cease properly to function, and later on stop. But our work is to USE them, and the more we use that which we are, the stronger we become—on all planes.

AND NO MATTER FROM WHAT ANGLE WE PROCEED TO ANALYZE THE GREAT TRUTHS TAUGHT IN MENTALPHYSICS, WHETHER AS A SCIENTIST, A PHILOSOPHER, a METAPHYSICIAN, or a THEOLOGIAN—WE COME BACK TO THE SAME ONE TRUTH: THAT IF WE ARE WHATEVER THE CREATOR IS, WE ARE THE ABSOLUTE, ONE SUBSTANCE, ALL THAT THERE IS, ETERNAL.

### *(a) The Transcending Truth*

● Before we close this Lesson, let us review some of the Truths that we have learned. As we read this page, let us THINK, and let our hearts rejoice because we know more about ourselves and the universe than we did three months back. Imagine the glorious Future ahead, and give thanks. The following facts stand forth in what we have learned:

● (1) THAT YOU ARE THE CREATIVE SPIRIT EMBODIED—

*You are the Final, Absolute, Continuing, Everlasting, Never-ending Thing That Is.*

● (2) THAT YOU ARE THE ALL THAT THERE IS EMBODIED IN HUMAN FORM—

Nothing can exist outside the All That There Is, therefore:

- (a) You are of That Which is Omnipresent—present everywhere at the same time.
- (b) You are of That Which Is Omnipotent—all-powerful, possessing unlimited power, possessing ALL the Power there is, not partial power.
- (c) You are of That Which Is Omniscient—all-wise, all-knowing, possessing all knowledge, knowing everything, having definite knowledge.



● (3) YOU ARE OF THAT WHICH IS INFINITE—

Unlimited or boundless, in time and space; without limit in power, capacity, intensity or excellence; perfect, boundless; immeasurable; illimitable; interminable; limitless; unlimited; unbounded.

● (4) YOU ARE OF THAT WHICH IS ETERNAL—

Without beginning or end of existence; always existing; underived and indestructible; everlasting; endless; infinite; ceaseless; perpetual; you are of the Great Causeless Cause.

● (5) YOU ARE OF THAT WHICH IS INDIVISIBLE—

Being the Creative Spirit embodied, you are of THE WHOLE. Every so-called "part" of the indivisible (the Absolute) is in touch with every other "part" and The Whole—all is one, undivided, incapable of partition or separation.

● SIT QUIETLY AND THINK ALL THIS OVER AGAIN AND AGAIN. READ THESE FIVE PARAGRAPHS—ALOUD—SEVERAL TIMES. YOU WILL COME TO SEE THAT YOU ARE, AS THE CREATIVE SPIRIT IS, UNCHANGEABLE, PERMANENT, CONSTANT. *HOW, THEN, CAN YOU REALLY BE SUBJECT TO DECAY AND DISEASE AND DEATH?*

● Contemplate the continuity of your existence, your Self, your Power—meditate upon the "I AM". Revel in the contemplation of your True Nature. *YOU ARE ETERNAL—NOT SUBJECT TO DECAY AND DISEASE AND DEATH ON ANY PLANE OF EXISTENCE SO LONG AS YOU KNOW AND OBEY THE LAW.*

● When you come to REALIZE that which you have learned, then confidently will you be able to declare that you have entered the Hall of Learning. You will be able to listen constantly to the "Song of Life".

May Peace embosom thee.

May Courage and Strength wait constantly upon thee.

May you always have the zeal to press on!

● Accompanying this Lesson is a questionnaire, which you are asked to carefully answer, for the purpose of being awarded your first Diploma.

You are asked to give some time each day to the direct answering of these questions, and to submit your own comment on any phase of Mentalphysics as a separate treatise.

It is my aim and purpose to help you crystallize in your own mind the fundamental truths and principles developed in Mentalphysics, and I urge you to undertake this examination with all seriousness. You may answer the questions with a simple "yes" or "no", but you will be commended for giving your own personal reasons for your decisive answers.

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● You may now look forward with extreme delight to gradual emancipation from those conditions which have held you back. You are FREE! You will indeed see "a New Heaven and a New Earth," and there "shall be no more Death, neither sorrow nor crying, neither shall there be any more pain, . . . *for the former things are passing away.*"

● But "*FAITH WITHOUT WORKS IS DEAD.*" We must "bear witness" to the Truth, and "be transformed by the renewing of YOUR MIND."

● "Thou canst create this day thy chances for tomorrow. In the Great Journey causes sown each hour bear each its harvest of effects, for rigid Justice rules the world. With mighty sweep of never-erring action, it brings to mortals lives of weal or woe, the karmic progeny of all our former thoughts and deeds."

● "Shalt thou abstain from action? Not so shall gain thy soul her freedom. To reach Nirvana one must reach self-knowledge, and self-knowledge is of loving deeds the child."

● "Have patience, Candidate, as one who fears no failure, courts no success. Fix thy Soul's gaze upon the Star whose ray thou art, the flaming Star that shines within the lightless depths of Ever-Being, the boundless fields of the unknown."

● "If thou would'st reap sweet peace and rest, Disciple, sow with the seeds of merit the fields of thy future harvests."

● Help Nature and work with her—thus wilt thou come to know thy True Nature, and Nature will regard thee as one of her creatures to make obeisance.

● And She will open wide before thee the portals of her secret chambers, lay bare before thy gaze the treasure hidden in the very depths of her pure virgin bosom. Unsullied by the hand of Matter, She shows her treasures only to the eye of the Spirit—the Eye which never closes, the Eye for which there is no veil in all the Kingdom.

#### PEACE BE UNTO YOU—END OF TWENTY-SIXTH LESSON

*Written in Faith by Edwin J. Dingle,  
Los Angeles, California, U.S.A.*

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#### SPECIAL NOTE FROM DING LE MEI

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*Attached to your 26th Lesson you will find a Questionnaire, and I would sincerely advise you to fill it out and send it in, so that you will be able to go on with greater faith and greater assurance.*

*Beloved, the desire of knowledge, like the thirst for riches, increases ever with the acquisition of it. Your only jewel that will not decay is knowledge. You have been faithful over lesser knowledge; it will be my privilege to lead you into greater knowledge. . . . Your next Lesson will be the first lesson in this higher knowledge—we have regarded you thus far as a Junior Initiate in the Home Study Division; from now on you will be regarded as a member of THE INNER CHAMBER, and you will be addressed as "Noble of the Light." You are counselled to devote as much time as you desire to the answering of your Questionnaire, which you will send to me in due course, and as you have proved your worthiness to have the HIGHER teaching vouchsafed to you, so, as your Teacher, I hope you will now go on rapidly from height to height. Much will now be disclosed to you which it would not be possible for me to disclose, if you had not proved worthy to receive it. Be humble—Wisdom is oft-times nearer when we stoop than when we soar.*

*As you go along, much secret work will be revealed to you. After your Questionnaire has been received, your Diploma will be issued as you enter the Inner Chamber. Here you will learn to begin truly to demonstrate that which you have already studied. I am looking forward with a great deal of pleasure to leading you to greater unfoldment.*

*With regard to INNER CHAMBER TEACHINGS, there is a definite procedure to be followed. Judging from your file here, I feel that you are ready to go into real integral work, for you will know that you are truly an integral part of that great army of earnest souls who, like you, are seeking and demonstrating the TRUTH.*

*I would suggest, also, that you return the Pledge of Secrecy to me. It is sent with Lessons 25-26 now.*

*As you finish this Lesson, be conscious of great waves of LIGHT—LOVE—JOY—YOUTH—coming to you from me, using the INSTITUTE as a channel.*

*With my Highest Thoughts, always, believe me to be,*

*Sincerely, Your Teacher and Friend,  
DING LE MEI.*

## THE FIRST RESURRECTION

(Concluding passage of Ding Le Mei's Easter Sunday Morning Address, 1940)

"AND SO, MY BELOVED, LET EASTER SPEAK TO US OF PEACE AND GOOD WILL AND HOPE AND COURAGE—LET US FEEL PEACE AND SHOW GOODWILL TO EVERYONE EVERYWHERE. LET US AWAY WITH STRIFE. FOR THE RISEN CHRIST IS THE SYMBOL OF PEACE—PEACE IN YOUR HOLY HEART, PEACE IN YOUR EARTH AND PEACE IN YOUR HEAVEN.

"SO, YE SEEKERS OF THE CHRIST CONSCIOUSNESS OF LIFE ITSELF, STAND IN REVERENCE AT THE EASTER WITHIN YOUR OWN SOUL. OPEN EVERY WINDOW, EVERY DOOR OF YOUR BEING, THAT YE MAY BE LIFTED ON HIGH. LOOKING BACK INTO THE GLORIOUS PAST, REJOICE! LOOKING FORWARD INTO THE MORE GLORIOUS FUTURE, REJOICE! DURING THIS BEAUTIFUL SEASON, RECOUNT FOR YOURSELVES WHAT EASTER IS THE SYMBOL OF—THE HOLY TRUTH OF THE WORD THAT THE FATHER HAS SPOKEN—THE REALIZATION OF THOSE BURNING HOPES FOR PEACE ON THIS EARTH THAT THRILLS THE HEART OF YOU—THE TRIUMPH OF RIGHT OVER WRONG—THE CONQUEST OF THE EARTH NATURE OF MAN TRANSMUTED INTO HIS DIVINE RIGHT OF LIVING IN HEAVEN, AS HE MAKES THIS EARTH HIS HEAVEN OF HOPE—THE COMING MILLENNIAL GLORY OF WISDOM AND LOVE IN THE HEARTS OF ALL MANKIND EVERYWHERE.

"THEN OPEN THE DOORS! OPEN THE WINDOWS OF LOVE AND HOPE AND PEACE AND JOY THAT THE LIGHT OF WISDOM MAY SHINE IN! FOR THE EASTER IN YOUR HEART IS WORTHY OF THE HIGHEST IN YOU. LET THE STAR OF HOPE SHINE! LET THE ANGEL-FACES SHINE OUT FROM THE ETERNAL DOME OVERHEAD AND THE WISE ONES TREADING THE UPWARD PATH OF THE MOUNTAIN OF MAN'S HIGHEST HOPE NE'ER LOOK BACK, BUT HAVE THEIR EYES TOWARDS THE HOLY SUMMIT. LET THE SACRED DEEDS OF LOVE ROLL OVER THIS WIDE EARTH TO EVERY LIVING SOUL, AND FINALLY ECHO AMONG THE STARS! LET THE GREAT UNIVERSE OF GOD JUBILATE! LET EVERYTHING IN EARTH AND HEAVEN CHANT THE ETERNAL HOSANNA, 'I AM COME THAT YE MIGHT HAVE LIFE.'

"AND WHILE ALL THIS TAKES PLACE, AS IT INEVITABLY MUST, SEE TO IT, OH, MY SOUL, THAT THOU CARRIEST THYSELF TO THE MOUNTAIN TOP! TO THE LIVING CHRIST IN YOUR OWN HEART! TO THE LIVING EASTER WHICH IS THE SYMBOL OF ALL THAT IS HIGHEST AND NOBLEST AND PUREST AND DIVINE WITHIN THEE! FOR THOU ART WHAT EASTER STANDS FOR—THOU ART THE RISEN CHRIST OF LOVE INCARNATED FOR EVERMORE IN IMMORTALITY. REJOICE, REJOICE, REJOICE—THOU ALONE ART THAT WHICH THOU SEEKEST!

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## HEARING THE VOICE

"I AM A VOICE CRYING OUT IN THE WILDERNESS' . . . that Voice of The Father has ever been crying out in the wilderness of humanity's ignorance and wilful rejection. The Voice is the instrument of The Word, which is Life, which becomes flesh. The sole obstacle that man has to encounter is Fear, for Fear prevents him from hearing the Voice within. He himself, because he would not hear the Voice, developed Fear, and that which he created will be his own undcing. So that, for us Nobles of The Light, the eternal purpose of our life is to listen to The Voice. We will know that to be true—wise are we if, through practice, practice, practice, we learn the way to listen and ever hear the Voice. Then we know all, for the Wisdom becomes us and we become the Wisdom.—DING LE MEI in the 49th Commentary.





Only is God, the Father of All Things.  
 Only is God, whose Will is performed and accomplished by His Own Power.  
 Only is God, that determination to be known, and is known of His own, and those  
 that are His.  
 Only are thou, that by Thy Word hast established All Things.  
 Only are thou, of whom all Nature is the image.  
 Only are thou, whose nature hath not injured.  
 Only are thou, that art stronger than all strength.  
 Only are thou, that art greater than all excellence.  
 Only are thou, that art better than all praise.  
 O Thou Unapproachable, Unutterable, to be praised in silence.  
 I beseech thee that I may never err from the knowledge of thee, that thou mercifully  
 reveal me and enable me, and enlighten with Thy grace all that are in ignorance,  
 the brothers of my kind, but Thy sons.  
 Therefore, I beseech Thee, and bear witness, and go into The Light and Life.  
 Hallowed art Thou, O Father!  
 Thy Man would be sanctified with Thee, as Thou has given him All Power."

#### *All Religions Involve Specific Intellectual Beliefs*

"All religions involve specific intellectual BELIEFS, and they attach more or less weight to these doctrines as true in the intellectual sense. All religions have literature held specially sacred, containing material with which the validity of the religion is connected. The religious will tell you that it is true . . . but more often he does not know, through personal experience, how he knows that it is true; but he will tell you that "it says so in the books." So far, so good. But in Mental Science, we refuse to be satisfied with what is in the books—we learn that the only Book is The Book of LIFE ITSELF, and we take our knowledge from The Book of Life because we READ it through our own personal PRACTICE of the Law."

—MARTIN PETERSON WATSON.



**First Position.**—Sit or stand in what perfectly erect, spine straight, head straight, freedom in the neck, heels touching. With upright posture established, draw arms upward as shown in illustration, holding fingers behind the head, with elbows back as far as possible, but not crowding head, exhale completely, and inhale, retaining breath, draw head, so that chin reaches upper chest.

## REMARKS ON FIRST CONCENTRATION EXERCISE

You will find this a very self-taught exercise, but not if you breathe it improperly. Take time to get correct posture, as illustrated in finally reaching it completely, and exercise upon it with a feeling of its being easy for you.

- i. Get the posture.
- ii. Practice without breath, and show that it is important for you to hold it as long as you can with no "over" in the spine.
- iii. Exercise so that the same "stretching" in the spine when you raise the body upward again into upright position.



**Second Position.**—With arms raised as explained in First Position, the standing position is held, with the head—neck, the upper spine, back, the middle spine, middle the lower spine—and a feeling of great pull in the head downward into the first position is reached. Rest in this position for a short period, inhaling breath.

## THE FIRST CONCENTRATION EXERCISE—To Accompany Lesson No. 25

Under no circumstances must you show this Exercise to another, follow instructions, to not hurry.



**Third Position.**—Still retaining breath, come slowly back to original upright position—first, strengthening the lower spine, second, the middle spine, finally, reaching full upright position, with arms as shown in Fourth Position. There must be no strain, and you are to hold your breath only as long as you conveniently can, to do a preparation for exhalation in Fourth Position.

iv. In patient be longer.

Though this may at first must appear to be a simple exercise, it is not so. The physical effect is often so pronounced that the mental effect is not immediately noticeable—in fact, it may require several weeks before you can fully appreciate the extraordinary strength which may come into your mind as a result of this practice. The only real mistake made by students is to expect permanent results too quickly, and we can no more expect to see mind and growth of power in our mental being than we can expect to see the flower immediately the seed is planted.

It is, however, that if you will faithfully practice, your reward is sure.



**Fourth Position.**—Having reached the original position, with no change whatever in state of head or chest, exhale completely and reach, slowly crowding arms to your chest position as shown in Second—Lowering breath, however, in meditative attitude of mind, holding it over concentration the nature of your heart and watching the physical and mental effect in the voluntary, spiritual breath.



## THE FIRST CONCENTRATION BREATH

(To accompany Your Twenty-third Lesson)

It is but natural that THE FIRST CONCENTRATION BREATH should follow THE CREATIVE BREATH, to which you were introduced in commencing your nineteenth week of practice in Mentalphysics.

You are again urged most sincerely to observe patience in commencing THE FIRST CONCENTRATION BREATH, and to maintain patient zeal in your subsequent practice. It is essential that you breathe this Breath properly, and, as you do so, you will find benefits that are astounding. For example, many have testified to the great benefit they have received in their hearing, also in throat troubles, and also in nose troubles. Of course, we in Mentalphysics know that in our beloved philosophy we enjoy secrets rarely vouchsafed to human beings, and know from experience that faithful followers of our secret laws and practices often develop bodies of rare health and beauty. Good health is a priceless blessing. But as we advance in Mentalphysics we also become increasingly conscious of benefits of a much higher spiritual and creative nature which not only insure splendid physical expression but open up avenues into the realm of mind and spirit which work everlasting good in our lives.

THE FIRST CONCENTRATION BREATH is a masterly exercise. It is given to you with Your Twenty-third Lesson because of its great efficaciousness along physical lines as you gain mental understanding of "The Supreme Architect and the Endocrines." . . . "If you are a Samson, if you are bent and wrinkled with age, if you are full of pep and power, if you are a man of inferiority complexes, your endocrines have done it." This is quoted from the Lesson you are to study this week, and it is seemly that you begin THE FIRST CONCENTRATION BREATH as you enter upon this most fascinating part of Mentalphysics. Moreover, THE FIRST CONCENTRATION BREATH breaks the ice, so to speak, ere you enter upon much more advanced phases of our holy teaching, as you will in a few weeks' time. You have a wonderful time ahead of you! You should know that you have banished all fear, and hope on—hope on! For hope, as Samuel Smiles once wrote, is "like the sun, which, as we journey towards it, casts the shadow of our burden behind us." When we have hope, we have everything; and when hope is lost, we are already dead.

As is remarked in your lesson: "The Endocrines have the task of transforming the substances of the body into other substances. In the mother, the Mammary Glands convert blood into milk. The Salivary Glands change by a process of selecting the serum into saliva. AND SO ON WITH ALL THE ENDOCRINES." THE FIRST CONCENTRATION BREATH among other things affects the Endocrines.

I hope for your sake that you will be lovingly inclined to learn and practice THE FIRST CONCENTRATION BREATH, for much that is to come to you soon in more advanced teaching depends upon it.

Renew your zeal!

Never suffer your energies to stagnate!

You are now undergoing the First Resurrection!





# The Faultless Philosophy of Life

## Questionnaire to be Answered at End of Lesson Twenty-Six

Name..... Address.....

1. Your birth date.....
2. Has Mentalphysics brought you improved Health of Body?..... State principal  
phases of improvement.....  
.....  
.....
3. Has Mentalphysics brought you a deeper, more intelligent, more scientific understanding of  
your body, so that you truthfully can say you know it to be "The Temple of the Living God"?  
.....
4. Has Mentalphysics brought you into a higher consciousness of yourself in relation to the Uni-  
verse within and without, and the people with whom you come in contact, so that you can  
and do see "God" in everything and everybody?.....  
Do you daily carry out your exercises and study?..... State length of time and  
method that you follow.....  
.....
5. If you care to, write a 200 word resume of Lessons II and III—"Entering the Gate".  
If you care to, write a 200 word resume of Lessons IV and V—"The Holy of Holies".
6. Do you feel that you have mastered Lesson XX, so that you can say you understand the  
operation of the Ductless Glands?.....


7. *Describe in your own words the (a) Conscious Mind, and (b) Subconscious Mind.....*  
.....  
.....
8. *Things you are most interested in.....*  
.....
9. *Your occupation .....*
10. *What is your principal aim in life?.....*  
*How long have you had this desire?.....What obstacles do you*  
*foresee in your way?.....*  
*How do you propose to surmount the obstacles that you foresee?—outline your objective for*  
*your life work.....*  
.....  
.....
11. *Make five practical suggestions, in the order of their importance, as to what you can and*  
*will do to develop your own objective in life:*  
  
(1).....  
(2).....  
(3).....  
(4).....  
(5).....
12. *How many students have you brought into Mentalphysics since you have been a student?*  
.....
13. *Write a short report, if you desire to do so, embodying suggestions as to how students may*  
*be brought into closer association with The Institute, with a view to deriving greater benefits*  
*from The Teaching.*
14. *Are you ready to go forward, and have you learned the necessity of "Daring To Be Silent"?*  
.....
15. *Are you a Member of "OUR" Church?.....*

(Signed).....

Mail this to:

Edwin J. Dingle, F.R.G.S., Preceptor Emeritus,  
The Institute of Mentalphysics,  
Second and Hobart, Los Angeles, California, U.S.A.  
marked "PERSONAL".

# My Pledge of Secrecy to Ding Le Mei

 *NDERSTANDING the need of secrecy and the Wisdom of "HAVE NO TONGUE", I hereby make a solemn promise to DING LE MEI that I will not in any manner pass on to any other person any phase of the Teachings, the secret work and principles; and I promise to endeavor so to live that my life will be a worthy example to my fellow-man.*

*\* \* \* \* I further promise that I will henceforth protect, support and assist in all ways possible to me, the activities of our beloved philosophy; that I will protect and assist the students in all grades of MENTALPHYSICS; and that I will, through as faithful practice of its teachings as possible, regard MENTALPHYSICS with the same deep affection in which I hold my own mother, and will violate no promise I make in regard to these teachings.*

*\* \* \* \* I am happy to keep my obligations. My real sincerity of purpose will always be demonstrated as a member of the Institute of MENTALPHYSICS.*



The Student Who Has Solemnly Executed This Pledge is Hereby

*Accepted...*

Ding Le Mei.

Usual Signature.....

My Number.....

Date of Birth.....

Address.....

Occupation.....

Executed this..... day of.....

A. D. 19.....

T. H. K. Advanced Noble—Inner Chamber  
The Institute of Mentalphysics  
Los Angeles, California, U.S.A.

I hereby indicate my intention to continue with Inner Chamber Teaching upon completion of the Initiate Course, subject to the approval of the Examining Board and Faculty Members.

Please give me such Special Attention as is necessary to prepare me therefor.

I am prepared to keep secret any such Teachings that may be divulged to me.

Initiate Student's Name.....

Address.....

City and State.....